

**FREE** Thorntons cake worth £2.95 (see T&Cs p123)

# Essentials

# 94

## SPEEDY BEAUTY TRICKS

### RED HOT SEX TIPS

*Why your  
mother  
knows best*

### Easy Easter



**INDULGE!**  
Chocolate  
nest cake

**HAVE FUN!**  
Egg-cellent  
kids crafts

**Katherine Kelly**

*On being a rebel,  
taking risks and  
Mr Selfridge*

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WORTH  
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\*when you spend £30

# FEEL GREAT!

*Get more sleep, a trim  
waist & glowing skin*

**TODAY**

### GOING BUST

*Is your bra  
damaging  
your health?*



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\*Visible flakes seen at 2ft with regular use



# ED'S Letter

APRIL 2016

**55**  
INSPIRING  
EASTER  
IDEAS



**GREAT NEWS!  
THIS ISSUE WE  
ARE HAVING  
A DOUBLE  
CELEBRATION.**

Not only is Easter just a few weeks away, but Mother's Day is also imminent and that means my first lie-in of the year! So whether you want to read about amazing mothers (although let's be honest, all mums are pretty special) or want to plan further ahead for Easter, I can guarantee we've got something to inspire you. Enjoy your time off...

*Catherine*

GROUP EDITOR  
ESSENTIALS & GOODTOKNOW.CO.UK



**BRIGHT BUNNIES**  
Recycle broken  
wax crayons into  
clever creations



**BEST-EVER BEAUTY**  
How you apply your  
products is key



**KIDS KITCHEN GETS BAKING**  
Sneak in one of their 5-a-day  
in our carrot and oat muffins

**HOT  
RIGHT  
NOW**

**KATHERINE  
KELLY**  
Why she can't  
watch the news  
and rarely wears  
make-up - find  
out more from p6





# Contents

APRIL 2016

## Fashion

- 11 **FAST FASHION** What's new
- 12 **BOHEMIAN RHAPSODY** Free-flowing with a contemporary edge
- 22 **8 SPRING UPDATES** The latest looks
- 24 **CHECKS VS STRIPES** Two key trends
- 26 **CITY CHIC** It's smart and sleek

## Features

- 32 **WHICH SOCIAL MEDIA MUM ARE YOU?** Check out where you fit in
- 36 **MUM'S MY BEST FRIEND** Lucky ladies who get on famously
- 41 **EGGS-TREME FAILS** Parents confess
- 42 **I WOULDN'T LET ANYTHING STOP ME HAVING A FAMILY** A heart-warming story of surrogacy
- 44 **'HAPPINESS IS YOUR OWN CHOICE'** The inspirational Katie Piper

## Beauty

- 47 **EASY BEAUTY** What's new
- 55 **THE LOW BLOW** Easy hair styling
- 57 **SIMPLY DELICIOUS** Food inspiration for new make-up buys - very tasty!
- 59 **PRETTY SMART** Clever tricks and products to buy back some me-time

## Health

- 61 **GOOD HEALTH** What's new
- 65 **5 STEPS TO A FRESH(ER) START** Easy ways to get yourself up and running
- 67 **'I THOUGHT I'D PULLED A MUSCLE, BUT IT WAS WAY WORSE'** One woman's story of ovarian cancer
- 71 **WHAT IT'S REALLY LIKE TO... HAVE PERMANENT MAKE-UP DONE** You'll raise your eyebrows at this one!

## Food

- 75 **REAL FOOD** What's new
- 76 **SIMPLE SUPPERS** All under £2
- 83 **NADIYA BAKES** An Easter Simnel cake - with a difference
- 84 **NEW TAKES ON CLASSIC BAKES** Teatime treats with an extra twist
- 88 **SATURDAY IN THE KITCHEN** Cook up a curry with James Martin
- 96 **DELICIOUS & UNDER 200 CALS!** Perfect if you're on the 5:2 diet
- 101 **HOW TO MAKE THE BEST... CARBONARA** Master perfect pasta

92



On the cover



- 6 **'IDON'T SWEAT THE SMALL STUFF'** Katherine Kelly on taking risks and loving Mr Selfridge
- 29 **THE BIG (BAD) SLEEP** Marian Keyes on the nightmare of insomnia
- 34 **YOU & HIM** Sex tips from your mum - yes, really!
- 48 **SKINCARE IS NOT ENOUGH** (It's how you apply it that really counts)
- 53 **A RADIANT NEW YOU** Murad gift worth £59 when you spend £30
- 62 **THE BOOBY TRAP** Is your bra damaging your health?
- 68 **DON'T HAVE TIME TO EXERCISE? THEN B.O.G.O.F!** Take the quick route to a better bod
- 92 **LET'S GET CRACKING!** Get the family in the kitchen for an Easter cook-up
- 110 **HAPPY EASTER** Craft special to keep the kids busy
- 123 **FREE ALPINE CAKE AT THORNTONS CAFE!** Claim your treat with any large hot drink



22

57

26



# Essentials

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# 107

## Home

**102 SWAP AND SHOP** Check out the new homeware stores on the block

**105 HOW TO NAIL A PICTURE WALL** Get the gallery look - we show you how

**107 SEVENTIES CHIC** Home buys that are bright, breezy and lots of fun

**120 COOL KIDS** What's new

## Essentialist

**124 HAIL THE HUNKS** Salute a trio of swoon-worthy stars of *Hail, Caesar!*

**125 GO OUT** Movie news and shows

**126 ON THE BOX** TV highlights

**127 INSIDE THE MIND OF** Gerard Butler

**128 ON THE SHELF** Great new reads

**129 EGGCELLENT ADVENTURES**

Kids' days out for Easter

**130 ON THE RADAR** What's new... what's in... what's out

## Travel

**135 GREAT ESCAPES** What's new

**136 GREAT VALUE GETAWAYS** We've found affordable far-flung breaks - from Thailand to Japan

## CRAFT

**109 MAKE IT EASY** What's new

**110 HAPPY EASTER** Ten pages of craft ideas you'll love to try

# 102

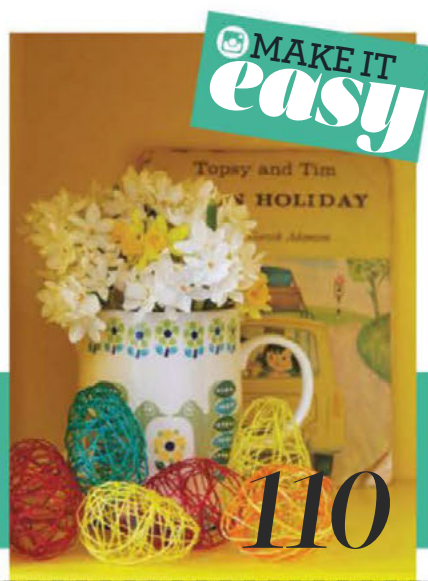
## Regulars

**3 EDITOR'S LETTER**

**132 SUBSCRIBE TO ESSENTIALS** Amazing offer - get 2 years for the price of 1

**145 APRIL HOROSCOPES**

**146 LISA'S LAST WORD** Lisa Faulkner on shrugging off winter woes and loving spring roast lamb



# 110







# 'I don't SWEAT the small STUFF'

One of the most in-demand actresses in the country, Katherine Kelly, talks to us about playing rebels, taking risks and relying on her rock solid 'team'

INTERVIEW CARRIE MITCHELL | PHOTOGRAPHY DAVID VENNI

When it comes to must-see TV drama, Katherine Kelly's face is becoming almost as synonymous with quality as Sarah Lancashire's is. Like Sarah, Katherine built her reputation on the *Corrie* cobbles before making the brave choice to leave the show after six years. Fortunately, the work has come thick and fast ever since – *Mr Selfridge*, *The Guilty*, an acclaimed turn in West End musical *City of Angels*, then last Christmas, *The Sound of Music Live* and most recently, *Happy Valley* (with Ms Lancashire herself). Amidst all that, she found the time to get married and have a baby. Daughter Orla arrived in March 2014, months after she eloped to Vegas with her partner Ryan Clark and after spending a year on the beach in Australia, the family returned to London. If Katherine was worried about returning to work, she shouldn't have. Currently back stealing the screen from *Mr Selfridge*, Katherine is a force to be reckoned with. We caught up with the star to find out how she copes with the whirlwind that is her life and how her first year as a working mum is going.

**The main thing that's changed for me since becoming a mum is how busy I am.**

I'm always on the go, so I never thought it would be possible to be busier, but it seems that it is! If you want to work and be a hands-on parent like I do, then you don't really get a moment to yourself. In this business, there's no routine, you just have to have loads and loads of back-up plans! I'm always trying to think ahead and I'm always after a schedule, because it can all be done, you just need a bit of notice.

**I'm naturally quite all or nothing.**

Filming means long hours and when you play challenging roles, it can take it out of you, so I decided to take a year off when Orla was born and spend it in Australia where Ryan is from. It was hard to be so far away from home and my own family, but I wanted to do it for my husband. And I'm glad I had that time with Orla. Now I'm back at work, of course I feel guilty sometimes. I think that's a knee-jerk

reaction as a mother, but it's also such a waste of an emotion, so when I start to feel it, I'll tell myself, 'No, I'm not doing it – nothing's going to be gained today by me feeling guilty'.

**There will be a day in the not-too-distant future when Orla doesn't want her mum, so I try to appreciate the time I have with her now.** It's hard not to sweat the small stuff, like when they won't go to sleep or they're having a tantrum in the supermarket. It's difficult not to dwell on that and beat yourself up, but I always try to think of the bigger picture. My parents help me keep things in perspective, like if she won't eat her dinner, my dad will say, 'well, look at her, she's hardly starving, she's a right chunk!'

**Ryan and I are sometimes like ships that pass in the night, but we always try to find the right balance.** It's a conscious effort because you can always do more

**'I admire people who are a bit brave and aren't afraid to fail because I think taking risks is how you achieve greatness'**



work, but spending time with each other is really important, too. We love going to the cinema or the theatre together, partly because you get to sit down for a couple of hours! We're very lucky to have some great local babysitters, so we don't feel like we miss out in terms of going out. It might be a bit more of an expensive night out when you're having to pay for a childminder, but it's worth it.

**Most of the time, we like hanging out just the three of us.** Orla's so much fun at the moment, so we like to take her to the park or go to a little farm – there's always something we can do. She's not even two yet, but she's like a little girl already. She chats away in full sentences and she's got loads of opinions. She knows when she's making me laugh, too, so she'll keep performing to get a giggle. The one thing she doesn't like is going to sleep, she's too busy for that.

**I'm lucky I've got quite a lot of people to turn to for help with childcare.** Ryan's self-employed like I am, so between us we can often make it work – we just have to get the diaries out and work it out a week at a time. I might not be filming one week, but the next, I might be out from five in the morning until ten o'clock at night and then we really do need to ask for help from somebody. My mum's in Yorkshire and my sister's in Manchester, but they're only a couple of hours away by train and they love to come and look after Orla. We also have a great little day nursery that we use a couple of afternoons a week and a nanny a few mornings if we need her.

**I don't just grab every job that comes my way, I can't be that selfish any more and I wouldn't want to be.** Ryan and I tend to have lots of big chats: 'If I did this job, would it mean that Orla would suffer in any way? Is there any way I can do it without that happening?' When it comes to decisions about work, I have to ask a lot of people, because me going out to work is a group project. I'm nothing without my team. You can't do anything without your team – whether that's your childminder or your parents or your other half – that's just the way it is for mums, isn't it?

***I'm pretty tough. I think as a woman, you've got to be. My approach is very much to just get on with it and don't wallow'***

**I'm pretty tough. I honestly think that as a woman, you've got to be.**

My approach is very much to just get on with it and don't wallow. I feel like I'm strong enough to take on most things. I can be absolutely sick as a dog and throwing up in my dressing room, but I'll still get myself on stage somehow. But then if my husband's not well or my daughter's poorly, I'd rather be ill for them. I think in general, I get more upset for other people than I do about myself. If anything bad happens to one of my friends, I feel dreadful for them.

**I'm not a girly girl.** When you've got make-up on from seven in the morning to seven at night, it's nice to get home and take it all off. And I have my hair and nails done at work, so for me that's part of the job. I'd rather just wave a magic wand than spend time getting glammed up. I think at the end of the day I'm just not that vain. I spend all day in a costume, so off duty, I prefer to dress down.

**I like people who dress for their age.**

I'm 35 now and I don't think it would look great to be wearing something that a 25-year-old would wear. It just looks like you're not happy with the age you're at. I think Rita Ora, for example, always looks ace, but that doesn't mean I'd wear what she does. It's her individuality I like – she might have a stylist, but you can tell she's had an input. It's important for your personality to come through. My outfits tend to be long dresses for the red carpet or jeans and a top, but I like to add an edge with knee-high boots or something.

**The parts I get are nothing to do with the way I look.** I can vamp it up to look like a leading lady, but I can also look like somebody who's homeless and hasn't had a meal in five weeks. You get your jobs on merit here, rather than just being the dolly bird on the side. It was never my desire to play those kind of roles anyway, I'd rather play the character that's a bit misunderstood, the underdog or a part that's maybe been overlooked, like the baroness in *The Sound of Music*. When I told my dad I was playing her in ITV's live version, he was like, 'But that's a really boring part!'. And I thought, 'yeah, I could see how you might think that, but I think there's more to her than meets the eye and I'd like to have a crack at it'.

**I admire people who are brave and aren't afraid to fail because I think**

**THE REAL ME**

## KATHERINE CONFESSES...

**\* I HATE THE COLD** It's a big thing for me. Often

I just open the front door to see how cold it is outside before I'll even decide if it's worth leaving the house!

**\* I HAVE NO PATIENCE WHATSOEVER WITH INANIMATE OBJECTS** If a car won't start or the telly's taking ages to reboot, it just drives me through the roof. I'll

just walk off and say 'well, you do it Ryan', I've got plenty of other things to get on with in the meantime.

**\* I REALLY HOPE PEOPLE AREN'T SICK OF ME YET** It took me a year to film lots of different projects, but then they all came out at the same time. People are going to get fed up of switching on their televisions and seeing me all the time!

**\* I GET SO UPSET BY THE NEWS** When I sit down to read a paper, I can feel this weight on my shoulders and I almost don't want to read it. I think it's because it just makes me feel so helpless.

▶ Watch Katherine make some more frank confessions as she plays Truth or Dare in our exclusive and hilarious behind-the-scenes video at [goodtoknow.co.uk/katherinekelly](http://goodtoknow.co.uk/katherinekelly)





**taking some risks is how you achieve greatness.** When it comes to actresses, I love Meryl Streep, of course, she's the best. But we've got so many great British actresses, too. I love Anne-Marie Duff for her versatility and the choices she makes. And Shirley Henderson is one of my favourite actresses. We're both in *Happy Valley*, but sadly I didn't have a scene with her. She's another example of someone who does the unexpected and takes a risk. You see them on screen and think, 'wow, I didn't think you'd do that, but you are doing it and it's really good'.

**I always try to mix it up with the roles I choose.** I wouldn't read the same type of book over and over again, and I wouldn't want to keep playing the same kind of character either. I might be known for playing Becky in *Corrie* and Lady Mae in *Mr Selfridge*, but I don't always play feisty characters. They're just the shows that I've been in for a number of years. The part that I played in *Happy Valley* wasn't feisty at all. She's a detective inspector and while she could be forthright, she's very studious and quite quiet. I like the challenge of turning my hand to something different every time.

**It was such a bonus to be able to return to *Mr Selfridge* after taking time off to spend with Orla.** When I handed in my notice to go on maternity leave, I thought that could well be it for Lady Mae, but I felt I had to take that gamble because it just felt right for me to have a year with my baby. I always knew they were only going to make four series and this one would be my last chance to return, so I'm thrilled they wanted Harry to have his right-hand woman back.

**Even on my year off, I longed for acting.** It's more than a job to me, it's what I love doing and I'd do it for free. I'd never give it up. It's like telling an athlete they can't ever go for a run again or a guitarist that they can't ever play the guitar. Why would they ever go along with that? It's not just how you earn your money. If it didn't earn me a penny, it would still be my passion – no question.

**\* Don't miss Katherine in *Mr Selfridge* every Friday night on ITV**

**Stylist:** Michelle Kelly. **Hair & make-up:** Alison Dunwell using NARS make-up and EIMI by Wella for hair. **Katherine wears:** Leather jacket, Topshop, Jumper, Guess, Dress, Coast, Tulle skirt, Darling London, Shoes, Jimmy Choo, Necklace Dower & Hall



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\*based on IRI volume sales August 2014 to August 2015



# FAST Fashion

 goodtoknow\_essentials

## BOXY BAGS

Chic, cool and so practical – pick a bright, bold print to keep this retro style looking modern. Bag, £39, Therapy. Dress, £160, s-xl, Sportmax Code. Both House of Fraser

## THE BIG REVEAL

Take a tip from model Alexa Chung who shows how to wear the dropped shoulder. This feminine, laid-back style is perfect to ease you into spring.

Star style

## We love...

All things floral – just look to nature for a fun and fabulous finishing touch! Perspex and diamanté brooch, £7.50, Topshop

## BACK TO THE FUTURE

Suede is big news again this season and an A-line skirt is a great way to invest in the trend – this timeless shape flatters all figures, too. Shirt, £39, skirt, £119, both 8-22, necklace, £25, bangles, £25 a set, all Monsoon

✱ See more **FASHION**



Fancy extra wardrobe inspiration? Go to [pinterest.com/GTK\\_essentials](https://pinterest.com/GTK_essentials)



## TURNITUP

Roll up denim dungarees and add a soft Victoriana blouse for effortlessly feminine style

Blouse, £25, 6-22, Next  
Dungarees, £26.99, 6-18, New Look  
Shoes, £30, Next

# BOHEMIAN *rhapsody*

Contemporary shapes teamed with eclectic prints and free-flowing fabrics create your easiest-ever spring wardrobe

FASHION DIRECTOR CAROLINE BAXTER





## RICH & OPULENT

Add a touch of luxe with sumptuous, expensive-looking fabrics

Top, **£29.99**, xs-xl, Zara

Blouse (worn underneath)

**£29.50**, 6-22, Limited

Edition at Marks & Spencer

Ring, **£12** for seven,

Accessorize

Jeans, **£34**, 4-14,

Miss Selfridge





## ALL WHITE NOW

Team breezy, wide-legged trousers with a printed blouse for an easy boho look

Trousers, £75, xs-xl, Great Plains

Top, £60, xs-xl, Great Plains

Hat, £15, Marks & Spencer

Bangle, £8, Wallis

Shoes, £45, Benetton





## LAYER UP

Add a long-sleeved top  
under a sleeveless

Grecian-style dress to  
make it last all year round

Dress, **£89**, 4-16, Miss Selfridge

Top, **£35.99**, xs-l, Mango

Necklace, **£22**, Accessorize

Bracelet, **£12**, Principles by

Ben de Lisi at Debenhams

Shoes, **£34**, Next



## FLORAL FANTASY

Dainty flower prints complement a long-sleeved figure-skimming shift dress

Dress, **£29.99**, xs-xl, Zara  
Earrings, **£17**, Accessorize











## ALL DRESSED UP

Summer wedding looming?

This is the perfect vintage-inspired slip dress

Dress, £65, 8-18, Wallis

Rings, £12.99 for 12, New Look;

£12 for five, Accessorize

Bangles, £15 each, Accessorize

Necklace, £22, Accessorize





**MODERN  
VINTAGE**

Copy the catwalk and toughen up your dreamy, feminine dress with a classic chunky belt  
Dress, **£99**, 4-14, Miss Selfridge  
Belt, **£7.99**, New Look  
Earrings, **£12**, Accessorize  
Shoes, **£115**, No1 Jenny Packham at Debenhams





## PERFECT PAIR

Update your white shirt to a softer shape and team with on-trend denim culottes

Top, **£39.99**, xs-l, Mango  
Culottes, **£24.99**, 6-18, New Look  
Earrings, **£10**, J by Jasper Conran  
Rings, **£15** and **£12** each,  
both Accessorize

Shoes, **£29.50**, Marks & Spencer



## READY TO BARE

Be prepared to show some skin with this season's shoulder-revealing peasant dress

Dress, £35, 6-22, Next

Earrings, £10, Jewellery by Evans

Necklace, £17, Accessorize

Ring, £15 for three, Accessorize



## UTILITY CHIC

Invest in basic pieces that give a nod to military styling

Trousers, **£19.99**, 6-18, New Look

Dress, **£25**, 8-20, BHS

Playsuit, **£50**, 8-18, Wallis

Rucksack, **£23**, BHS

CELINE

## THAT'S A WRAP!

Team an updated pencil skirt with a fuss-free white shirt for easy elegance

**£55**, 8-20, M&S

**£45**, 8-16, closetclothing.com

**£32**, 6-18, River Island

**£40**, 6-16, Topshop

**£40**, 6-22, Next

# 8 Spring UPDATES

These fashion-forward pieces are all you need to refresh your look in an instant

## CHILD'S PLAY

Have some fun with fashion and add one of these quirky accessories to your look

Clutch bag, **£65**, iknowthequeen.com



Phone case, **£12**, ASOS



Clutch bag, **£25**, M&S



Keyring, **£6**, Accessorize



## SOFT TOUCH

Suede was a hit on the catwalks and will be on the high street, too - just take your pick...

Dungaree dress, **£75**, 6-18, Dorothy Perkins



Jacket, **£120**, 6-16, Topshop

Shoes, **£75**, River Island



Dress, **£90**, 6-18, Dorothy Perkins

Bag, **£25**, Very



BALMAIN





Dress, **£38**, 6-22, Next

VERSACE

## GRAPHIC PRINTS

Get artsy with bold, urban jungle patterns – or try a subtle hint and dip into the trend with a colourful bag



Blouse, **£39**, 6-16, Topshop



Bag, **£30**, River Island



Top, **£10**, 8-20, F+F at Tesco



Trousers, **£45**, 6-20, M&S

## LACED UP

Lacing is no longer just for your trainers – it now gives heels a sexy edge, too



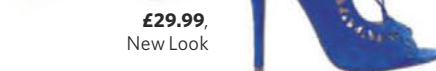
**£49.50**, M&S



**£35**, ASOS



**£79**, Dune



**£29.99**, New Look

Feature Rachel Bassett Photography Rex; Getty Images

## GOING FOR GOLD

Grecian-inspired jewellery will glam up any outfit in a flash



Cuff, **£30**, Made

Necklace, **£24**, Oliver Bonas

Cuff, **£15**, Accessorize



Necklace, **£24**, Oliver Bonas



Earrings, **£16**, River Island

Ring, **£10**, ASOS

Necklace, **£8.50**, Miss Selfridge

## TOP LAYER

Move over midriff, this season it's all eyes on the shoulders. Try strapless tops or the flattering one-shouldered look



**£35**, 8-18, M&S



**£70**, 6-16, Topshop



**£35**, 6-18, River Island



**£14**, 12-32, Simply Be



**£22**, 6-20, very.co.uk



**£28**, 8-20, Debenhams



DIANE VON FURSTENBERG





Shirt, **£16**, 8-22, Tuat Sainsbury's

Dress, **£35**, 6-22, Dorothy Perkins

Shirt, **£99**, 6-20, Best of British at M&S

Shirt, **£29**, 10-32, Bonmarché

Scarf, **£18**, Oliver Bonas

Coat, **£89**, 6-16, Oasis

Top, **£26**, 6-18, River Island

PRADA

# RUNWAY EDIT

## Checks & Stripes

Both patterns are key trends this season - but which one is more your style?

Bag, **£19.99**, New Look

Shirt, **£17.99**, 8-16, Brave Soul at get thelabel.com

Bag, **£55**, Principles by Ben Di Lisi at Debenhams

Trousers, **£19.99**, 6-16, New Look

Trousers, **£38**, 4-16, Topshop

Skirt, **£39.50**, M&S Collection at M&S

Trousers, **£38**, 6-18, River Island

Shoes, **£20**, M&Co

Dress, **£49.50**, 8-22, M&S Collection at M&S

Dress, **£79**, 8-20, Monsoon

Bag, **£20**, Dorothy Perkins

ROKSANDA

Dress, **£22.99**, 6-18, New Look



*Rolling in  
the hay is  
Aussome  
Hay-like hair?  
No thanks*

*#FindYourAussome*



There's more to life than hair but it's a good place to start







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**TOTALLY TROPICAL**  
Trousers, **£79**, 6-20, Biba at House of Fraser



**SPORTS LUXE**  
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**POWER OF THREE**  
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**CUTE CHARM**  
Keyring, **£6**, Accessorize



**MIDI MANIA**  
Skirt, **£27**, 8-18, very.co.uk



**SHOE ENVY**  
Shoes, **£65**, River Island

Feature Becky Joiner-O'Riordan Photography Rex



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**Aussome?** Definitely.

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*#FindYourAussome*



There's more to life than hair but it's a good place to start





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**BEST-SELLING AUTHOR MARIAN KEYES LIVES IN IRELAND WITH HER HUSBAND TONY BAINES. HER NEW BOOK, *MAKING IT UP AS I GO ALONG*, (£14.99, MICHAEL JOSEPH), IS OUT NOW**

# The big (BAD) SLEEP

Insomniac Marian Keyes on her lifetime quest for the restorative shut-eye she can only dream of

**O**h Sleep, how much do I love you? A lot, oh a huge lot! But for most of my life, it's been like a shy, almost-mythical beast. It is nervy and fragile, and will only approach when it is shown how much it is loved. Every day I must begin anew to win its trust, trying to lure it towards me with mint tea and dim lighting and boring books.

Insomnia, on the other hand, is a thuggish bruiser who barges in whenever it feels like it, putting its dirty boots on my coffee table and hogging the remote control. I plead with it to leave, and sometimes it does, but always with the swaggering proviso, 'You ain't seen the last of me, gel,' just like Nasty Nick Cotton in *EastEnders*. It is a difficult way to live, my amigos.

## It's a nightmare

I crave sleep – I mean, don't we all? My head is a whirry, busy place, filled with anxieties and to-do lists and peculiar memories, and I like to escape from it once in a while. Without sleep I spend the following day feeling queasy and borderline psychotic, and there is no greater misery than lying awake, staring into the darkness, worrying about all the important things I have to – *have to* – do when morning arrives.

'They' say lavender is the insomniac's friend – that if, at bedtime, I drench my pillow in lavender mist, I'll tumble easily into eight blissful hours of oblivion. But

surely I can't be the only person who thinks that lavender smells gank? Because, yes, I bought the spray and drenched my pillow with it, only to wake in the darkness-of-the-night, thinking, 'Christ alive, what's that horrific stench?' And I was only able to get back to sleep by putting the ruined

pillow outside the front door and fetching a smell-free pillow from the spare room.

A long soak in a hot bath is another frequently recommended sleep-lurer. But I hate water, I hate getting wet, and if I had one great wish for the human race, it wouldn't be something worthy like us all being able to live in harmony, but that we could be 'self-cleaning' – that we'd have no need to ever wash ourselves.

Nevertheless, during a recent bad bout of *The Awakes*, I gave the hot-bath thing



I crave sleep... My head is a whirry, busy place, filled with anxieties and to-do lists and peculiar memories, and I like to escape from it once in a while'



a go. But when Himself looked in on me, and saw me sitting bolt upright among the bubbles, anxiously watching the clock, he said sadly, 'I don't think you're really getting the best from this experience.' 'Grand,' I said, eagerly clambering out. 'I tried, I failed. C'est la vee. Pass me the towel.'

I usually 'retire' before Himself, hoping to be asleep before he arrives, because he nods off in two seconds flat and I lie staring into the darkness, feeling like a lonely failure. If I'm still awake when he comes to bed, we have a little snuggle, but if I feel stirrings in his nethers, I have to say, 'No. No! Not now. Leave it till the morning and I'll see you right, but not now. Now I need to concentrate hard on going to sleep. Goodnight, goodnight, sorry, but goodnight.'

## Things I've tried

Over time I've learnt some tricks to help me sleep – regular exercise is one of them. (I realise this isn't exactly breaking news, but when you're in a queasy insomniac fog it's hard to muster the will to exercise, so you never get to find out it really does help.)

And all that blah about having no electronics in the bedroom is also true. As is reading an extraordinarily detailed biography of an army general. Lists, too, they're handy. Each night I list all my jobs – from 'google Gucci nail varnishes' to 'lose two stone' – then the notebook has to be placed outside the bedroom

'Sleep is a basic human instinct. It's like hunger and lust and the desire for lovely shoes'

door because otherwise I can feel it at me all night, disturbing me with its demands.

Next I do some sort of gratitude list; it doesn't have to be a *War and Peace*-length opus, but it's good to write three or four things I'm grateful for – e.g. a lavender-free pillow, the gift of sight, the fact the cold sore on my lip didn't burgeon across my entire chin, that kind of thing.

Most importantly, I do a scan of my day, seeking unpleasant emotions I tried to gloss over: shame is usually a biggie – shame I didn't stand up for myself, or did

stand up for myself. I try not to bury any negative emotion, because it'll burrow up and emerge as awokeness at 4 am.

Even so, there are still some nights when I literally don't sleep at all. Himself says I should just admit defeat and get up and go to the spare room and read. But I lie in bed in the dark, raging to myself, 'Sleep is

a basic human instinct. It's like hunger and lust, and the desire for lovely shoes. It is my *right*. I'm not moving, I'm staying right here in this bed and I am not leaving until my needs have been met!' I'm on the verge of singing 'We Shall Overcome'.

## I'm not alone!

There is no loneliness like the middle-of-the-night loneliness, and recently I actually did go to the spare room and into the emptiness of cyberspace I tweeted, 'Is anyone awake?' But nothing happened, and I felt very sad. Then my tablet made a little noise – a tweet had arrived. One word, 'Yes.' Someone else was awake! Next thing another tweet: 'I'm awake too'. And then more: 'I've been awake since two'. And suddenly there were dozens of us, all awake at the wrong time – I felt really happy and sang *Message in a Bottle* at the top of my voice: 'Seems I'm not alone in being alooonnne. Hundred million castaways looking for a HOOOMME!'

And from the next room, Himself's voice shouted, 'Quieten the feck down, I'm trying to sleep in here.'



## WHAT YOU THINK

### RESTLESS TRAVELLER

I sleep like a baby in my own bed, but anywhere else, I just can't stay asleep. Whenever I go on holiday, I come back exhausted.

Scarlett Wood

### CAN'T SLEEP, WON'T SLEEP

*I've suffered from insomnia for years and the only thing that helps is sex.*

*Thankfully I have an accommodating partner!*  
Holly Livingstone

**BABY BLUES**  
*I never had any trouble sleeping until I had a baby. I struggle to remember what a full night's sleep is any more.*  
Julie-Ann Thompson

### TRIAL SEPARATION

It's not insomnia that keeps me awake at night – it's my husband's god awful snoring! It may be time for separate beds.

Jayne Collins

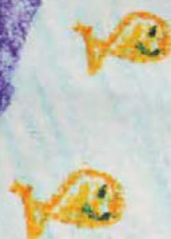
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An Octopus  
Pulled it into  
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Andrew

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# WHICH SOCIAL MEDIA MUM ARE YOU?

From Facebook to Snapchat, we spend almost as much time online as we do with our kids – do you recognise yourself here?



The number of hours you clock up chatting on Facebook far exceeds the number of hours you spend actually talking to flesh and blood humans



## SMUG INSTAMUMMY

**\* ONLINE** Not a day goes by when you don't post several snaps to your Instagram feed of your picture-perfect life. Whether you're showing off your sexy mama style, the super-healthy family brekkie you just whizzed up, or your sparkling clean offspring rocking the latest in kiddy-chic.

**\* OFFLINE** No one need know that off-camera, you're actually super-stressed – it takes hundreds of shots and several

hours to perfect your stylish selfies, coax the kids into appealing poses and mop up their spills so everyone looks pristine. And when other mums are indulging in a soapfest with a well-deserved glass of wine after they've got the children into bed, you're busy scrolling through the day's pics deciding how you'll change things up tomorrow and experimenting with borders and filters. It's not easy maintaining a flawless Instamummy image, you know.



## FACEBOOK OVER-SHARER

**\* ONLINE** You used to hate those mums who clogged up your newsfeed with fawning kiddy pics and constant mummy chat... until you became one of them! But when your pride and joy is looking adorable, wins a school prize, or is rocking the best World Book Day

costume EVER; you just can't help yourself from posting. And why wouldn't your friends want to know about that explosive poo incident in Starbucks?

**\* OFFLINE** You must admit that the number of hours you clock up chatting on Facebook far exceeds the number of

hours you spend actually talking to flesh and blood humans. You guess you should be thrilled when your other half gets home or your mum pops round, but even when they're trying to chat, you can't resist the urge to check every few seconds in case someone's commented on your last post.





## SUPERCOOL SNAPCHATTERS



**\* ONLINE** Being a mum, doesn't mean you're out of touch, so when your teenage niece told you about Snapchat you were all over it. Now your 'story' is peppered with hilarious video titbits from you and the kids fooling around to that lip sync video you made when you and your mate sank a few too many vinos.

**\* OFFLINE** You refuse to be boring just because you're a parent – you still kick around town in your Nike Air Max, the Kardashians could be your *Mastermind* specialist subject and your weekly manicure matters as much as health visitor appointments.



## GOODY YOUTUBES

**\* ONLINE** If people can picture Zoella a few years on, a couple of sprogs down and more wordly wise, they'll have a pretty good idea of your YouTube persona. From baking gluten-free cupcakes with the kids to giving yourself a Hollywood glam make-over, your vlogs show other mums how it should be done.

**\* OFFLINE** In your younger years, you were a pretty big deal – always the lead in the school play, the girl most likely to be famous in your school yearbook. You might not have landed a TV presenting job, but you have BIG plans for vlogging superstardom. Watch out Anna Saccone-Joly!



## FORUM FRETTERS

**\* ONLINE** Back when you were a new mum, you felt totally out of your depth. How were you supposed to know which car seat to buy? How dangerous is it if they swallow a button? So you turned to Google and found lots of new friends on mumsnet to ask.

**\* OFFLINE** You admit you became so dependent on forum members that now you can't make a decision without them. You even turn to them for relationship advice – if your other half knew, he'd kill you, especially as you've never met these women. That's normal though, right?

## BRIGHT-SPARK BLOGGERS



**\* ONLINE** From reviewing the coolest new kids' wear to sharing the minutiae of your day-to-day ferrying your offspring to karate, gymnastics, you name it, and splitting up backseat-of-the-car barneys, you'll blog about anything – and people seem to like it! Not only have you amassed thousands of followers, you've started to make a decent wad of cash from advertisers who've found you online.

**\* OFFLINE** You've always been a smart cookie and you can't sit still. You knew you'd miss work when you went off on maternity leave originally, so you decided to create some for yourself. You'd never have guessed that a few years later, your blog could turn into a full-time job. Some days you spend more time blogging than actually parenting, but you think you still have a better balance than most working mums. Who needs sleep anyway?

## TWITTERATI



**\* ONLINE** Funny, fast and full of opinions, you're a master at expressing yourself in pithy sentences of less than 140 characters. You always know what's trending and have something to say about it, whether it's defending another breastfeeding mum being lambasted by the public, or joining in the ridicule of the latest celebrity baby name – how else will you get on the radar of your Twitter idols Caitlin Moran and Marian Keyes?

**\* OFFLINE** You've always fancied yourself a writer, but never had the time until you became a mum and swapped full-time slog for part-time earner. You hope someone spots your way with words and offers you a column or a book deal. That's how it's done these days, right?



# YOU & HIM



She's your go-to woman for advice, but would you take sex tips from your mother?

## Mum really does know best!

**T**here's no getting around it – your mum has had sex (with any luck the minx still is!). And the truth is, mummy dearest probably has a list of amazing sex tips longer than her weekly shopping list, so to celebrate Mother's Day, we asked readers to share the words of wisdom their own sexy mamas have imparted to them. Now brace yourself...

My mum told me blow jobs were the perfect time to plan a to-do list. I don't know what upset me more, my mum doing it or that's what I already do!  
*Becky, 35, South London*

**'Forget quality, just have loads of sex.'** Wise words from my mum after the birth of my second baby.  
*Hannah, 41, Richmond*

Mum told me to masturbate at least once a week. 'Practice makes perfect,' she said. I was mortified, but I still try to make time for some self-loving.  
*Rachael, 35, Stockport*

**When I started dating, my mum said... 'If you're not enjoying it, stop. If it hurts, stop. It might be an STI or a bad boyfriend, either way you need to sort it out.'**  
*Aoife, 37, Bournemouth*



My mum actually looked at me and said, 'Up the bum, no harm done' when I told her I definitely didn't want any more kids. My husband's face was a picture!  
*Angela, 38, Bromley*

**'Only try new positions when you're drunk,'** advised my mum when I said I'd strained my neck muscles. 'You're more supple and won't care if you end up in a heap on the floor.'  
*Sabrina, 38, Leeds*

Mum told me that the best sex she'd ever had was when she was laughing. It makes sense: laughing is sexy, sex is funny

– don't take it too seriously and you'll find you have more fun.  
*Ana, 37, Reading*

**'Always hold your boobs when you're on top,'** my mum said when I was bemoaning my droopy breasts. It looks like you're being really sexy and passionate, but really it stops them looking saggy and sad!  
*Gosia, 33, Aylesbury*

'Mum told me to keep my eyes open when I climax, or give a blow job. It's the easiest way to look like a sex kitten!'  
*Claire, 38, Harrow*

**'After having my first child, I asked my mum how I'd know when I was ready to have sex again. "When your child leaves for university..." she dead-panned. Thanks Mum.'**  
*Charlotte, 36, High Wycombe*

'Don't mention the bad bits about your body to your man – he won't even know what cellulite is.' She's right – being sexy is all about confidence.  
*Karen, 40, Edinburgh*

'Give his manhood a squeeze when you kiss goodbye and rip each other's clothes off when he gets home.' The secret to my mum and dad's happy 35-year marriage apparently!  
*Hannah, 33, Swindon*

**My mum says: 'A man who doesn't mind if you don't wax, is a man who can handle a real woman.'** I don't shave for anyone now... unless I'm going to the beach.  
*Amelka, 39, Brighton*

### \* More HOT TIPS

For more candid sex advice to liven things up in bed, visit [goodtoknow.co.uk/sextips](http://goodtoknow.co.uk/sextips)





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# Mum's my BEST FRIEND

To celebrate Mother's Day, three readers reveal why they think of their mums as mates and not just as parents

## 'We went into business together'

**SOPHIE GODDING, 22, LIVES WITH HER PARENTS – AND BROTHER SPIKE, 26 – IN COLLIER'S WOOD WHERE SHE RUNS A CAFE WITH HELP FROM MUM FRANKIE**

When I didn't do very well in my college exams, my parents said, 'Why not run your own café?' Mum wanted to be involved, too, so we decided to give it a go with me as the boss.

We tried to set ground rules, and Mum's adamant that I'm in charge, but I try not to rub it in too much. When it comes to big decisions, we'll sit down and have a meeting, but the day-to-day stuff is up to me – although she'll sometimes joke that I can make my own dinner if I ask her to take the bins out at the end of the day!

Living and working with Mum can get a bit intense sometimes – my brother is at home, too, and my boyfriend lives with us, so the house can feel a bit small. Sometimes I lock myself away with Netflix, but actually, Mum's out in the evenings more than me.

I'm always telling Mum that she's my best friend – we go for drinks after work and talk openly about everything, even boys. The only downside is that things tend to revolve around the shop now, so we don't get to spend the quality

time together that we used to.

Coffee in the Wood has been open two years and it's thriving. I know I wouldn't be where I am today if it wasn't for Mum. It's been great to have her there to back me up and build my confidence. Plus, she's lived and worked in the community for thirty years, so people come in just to chat!

**FRANKIE GODDING, 56, IS MARRIED TO KEVIN, 53**

Sophie and I have always been close, so I knew I'd be really happy working with her. Most parents don't get to see their kids at work, so it's been lovely to see her blossom. She's so good at her job, but it can be

funny when she's telling me what to do – I'll think, 'You've grown up, you're not my little girl any more!'

I like that we have something we're both a part of. People will

come into the shop and tell me my daughter's so wonderful and I couldn't agree more.

**\* Follow Coffee in the Wood on Facebook/CoffeeInTheWood and on Twitter @CoffeeindaWood**

'It must be hard, but on the whole Mum's brilliant at accepting I'm the boss!'





## 'Our shared passion for sport brought us closer'

**LAURA BRADY, 20, IS STUDYING MEDICINAL CHEMISTRY AT THE UNIVERSITY OF NEWCASTLE**

If Mum and I didn't share a passion for netball I don't think we'd be as close as we are now. I started playing netball when I was 15 and when I needed to join a club to be able to play for county, Mum decided to do her coaching qualifications to get involved. She was coming to all my training sessions and games anyway, so it made sense. Mum works full time and has three other children, so I loved having that time on my own with her.

When all my friends were going off on girly holidays, I chose to go away to Tenerife with Mum instead – she's my best mate and I love spending time with her. But I don't think I fully appreciated our relationship until I went away to university.

Mum still comes to watch my netball matches when she can and she's the first person I call when anything is wrong. I ask her for advice all the time – even if I end up doing the opposite, it's great to know I always have Mum.

I would  
much rather  
hang out  
with my  
mum than  
my mates'

**TORI BRADY, 48, IS A MANAGEMENT CONSULTANT FOR BT AND LIVES IN NEWCASTLE WITH MATTHEW, 18, ELLIE-MAE, 15, AND JOSEPH, 13**

It's great to be able to support Laura in her passion. We had stuff in common, but as she got older the fact that we were both into sport was helpful. I was always at her matches watching, so it's a bonus that I could get involved and use my business skills to help out with the club. And it was lovely to have some one-to-one time in the car or at away matches when she was playing in the nationals.

I miss her like mad now she's not at home, but she's not far away and always comes home with her washing! For me the sport with Laura and the rest of the kids is my downtime and space to get away from the corporate world. And of course, it's lovely to see her grow as a player and as an individual. All of my kids are into sport, so if I didn't go along to their matches I'd never see them – I'd just be home alone!

★ **Tori volunteers through Join In, a London 2012 legacy charity – find out more about its work at [joininuk.org](http://joininuk.org)**





## 'My mum's been a constant support to me'

**AUTHOR KATE RIORDAN, 37, LIVES IN THE COTSWOLDS WITH HER HUSBAND DARREN, 32, AND THEIR TWO DOGS**

I'm an only child and my parents split up when I was five, so, although I'm close to my step-dad, Mum and I have always felt like a unit. Our relationship is more like a friendship. Mum says she's more comfortable telling me certain things rather than her friends and I feel the same.

Mum found it hard when I left a secure job in journalism to give it a go as an author, but after I explained how I was feeling, she totally understood and has been really supportive. The only falling out we've ever had was over my husband!

I met Darren after I'd come out of a long relationship, which Mum thought was all a bit quick. She's never voiced anything like that before, but once she got to know Darren, she realised that I wasn't just having a moment of madness.

Mum's wanted to move closer to me for a while, but waited until I was more settled in one area. I love it now she's just twenty minutes away. I used to phone her to go over sections of my books, but now we'll meet for lunch to discuss things. It's so comforting that she's just a few minutes away and it's brought us even closer.

'After moving 22 times, I'm so glad I finally live close to Mum'

**KATE'S MUM MERYL PARKER, 68, LIVES IN CIRENCESTER WITH HER HUSBAND STEVE, 73**

Kate's very precious to me and I think it could be a bit of a burden for her, knowing just how much I love her, but I try not to be clingy. Although I was worried about her giving up a secure job, I knew that it wasn't what she really wanted to do, so I offered to help her out financially for a year while she gave it a go - and it paid off when she got a publishing deal. I've always had great confidence in her.

We did fall out over her husband, but in the end, I admitted that I was wrong when I saw that they were happy, so that's all that really matters. I'm really happy I decided to move closer, too - why be so far away from your loved ones if you don't have to be?

★ *The Shadow Hour* by Kate Riordan (£7.99, Penguin) is out now





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# EGGSTREME FAILS

Our readers own up to ruining Easter for their own little chicks

## BLABBER MOUTH

My eight-year-old son found out the Easter bunny (and therefore Santa and the Tooth Fairy) wasn't real and decided to tell every kid on the Easter egg hunt last year. Cue angry looks from the other parents when the waterworks started. What's worse, I later found out he'd discovered the truth after hearing me talking about keeping up the charade with his dad!

*Tina Moses, Derby*

## Icing off the cake

Easter falls around my son's birthday. Last year, he was two and our five-year-old insisted on carrying his cake to the table, only to drop it. It took hours to get the icing off the carpet.

*Sophie Malm, Yorkshire*

## EGGS-TRA TREATS

I've had to buy an extra Easter egg for myself as the kids started noticing I always ate half of theirs.

*Jennifer Halpern, London*

## Hey, what's cooking...

Last year, I'd hidden some Easter eggs in the oven and the kids never found them. Of course, I forgot all about them and had a nice melted surprise next time I turned the oven on.

*Sharon Colpepper, Luton*

## COSTUME CRASH

My husband ordered an Easter bunny costume to dress up for the kids. When it arrived, it looked more like the figure out of *Donnie Darko* and terrified any toddlers in the vicinity.

*Sasha Burns, Canterbury*

## BIG KID

I'm so competitive that my husband doesn't let me join in with the village's family Easter egg hunts any more - he's too embarrassed when I start screaming at the kids to run faster.

*Nina Evans, Coventry*

## TOO TOUGH TO CRACK

I hid the eggs around the house so well one year that the kids were in tears it took them so long to find any.

*Jasmine Bates, Lincoln*

## Santa baby

I recycled all the leftover Christmas chocolate in last year's Easter egg hunt. My daughter didn't even bat an eyelid when Santa made a reappearance, she was too happy with the sugar.

*Megan Isleworth, Falmouth*

## PARTY POOPER

My two-year-old was so excited when she found her first Easter egg in the garden, she was waving it about. It wasn't until we got a bit closer that we realised she'd actually picked up some dog mess that my husband had missed.

*Emma Campbell, Norwich*





# I wouldn't let anything stop me having a family



Natalie Smith found out she couldn't conceive when she was a teenager, but thanks to a surrogate, she's now a mum to twin girls

**T**hinking about children when you're only 15 might not be a priority, but chances are you'll already have started imagining what your future will look like.

When that possibility is taken away from you, it's devastating and you go through a grieving process.

My periods hadn't started, so I was sent for a scan that revealed my womb hadn't developed. It was due to a birth disorder called Mayer-Rokitansky-Küster-Hauser (MRKH) syndrome and meant I wouldn't be able to get pregnant. It was a huge shock and affected all my relationships from then on.

Nine years later, when I was 24, I met my husband Jonathan. I knew straight away he was special, so after a couple of weeks I told him about my diagnosis. I gave Jon the option to end things, but he was brilliant. He told me kids were important to him, but we'd have them

somehow. Three years later, we got married.

Over the next few years, we often talked about kids and surrogacy. My ovaries are fine, so we could have IVF to create embryos to be implanted into a healthy womb. But commercial surrogacy isn't legal in the UK and we ruled out the idea of going abroad.

## The big worry

Being married and desperate to have kids brought back the pain of my diagnosis, especially with people around me having children. Eventually I went to a counsellor and in my last session, she asked how I felt about surrogacy and I explained my doubts.

The law in the UK means that even if the child is biologically the intended parents',

the surrogate is the legal parent. You have to apply to be the legal parents after the birth. The thought of someone keeping our baby was terrifying. 'But what if it's a really positive experience?' she said. I realised she was right. We had to try at least.

Our first step was to contact Surrogacy UK (SUK). The agency runs socials where intended parents and surrogates meet up. At our first meeting we were really nervous, but we soon found it was a community where everyone knew the pain you're going through. You don't expect to go to these meetings to make friends, but that's exactly what we did.

For months, Jon and I would attend socials at weekends. It's SUK etiquette that you never ask a surrogate for help, it's up to them to decide to help you. In November 2009, we met Jenny, who had been following our story on the message board and wanted to meet us. After we got chatting, I knew that she was the one - there was such a connection and we talked for hours. The next day we had a phone call to say that Jenny wanted to help us. She was



28, a childminder and had three kids of her own, but had never been a surrogate before. At SUK, if a surrogate is interested, then you go into a three-month 'getting to know each other' period before you start any treatment. Jon and I had had IVF in the September before we met Jenny, but the embryos were in quarantine, so we ended up having about six months to get to know each other. We'd go over to Jenny's at weekends and spend time with her and her family. Our worries about surrogacy melted away and we completely trusted her. We knew Jenny's goal was to make us parents and she knew we'd let her be a part of our lives after the baby was born.

### An important step

We sat down with SUK and drew up an agreement – it's not a contract, but details what we'd all want to do in every eventuality. We discussed things like the possibility of termination, and level of contact after the baby was born. We also discussed Jenny's expenses – nothing excessive, but it's SUK practice that the surrogate shouldn't be left out of pocket for carrying someone's baby.

Finally, nine months after we met Jenny, we were ready to start treatment. Jenny had

to go through the final stages of IVF to prepare her body, then have the embryos transferred to her. We all went together, Jenny, Jon and I. We called ourselves team Yoda as Jenny's boys and Jon are into *Star Wars*. I held Jenny's hand and we watched on a screen as the embryos were transferred – I loved them from that moment.

'At the scan we were chatting and laughing, and suddenly the baby's heartbeat filled the room'

A couple of weeks later, Jenny did a pregnancy test while on a conference call to Jon and me, and we found out she was pregnant. Six weeks later we all went to the scan. We were chatting and laughing, and suddenly the baby's heartbeat filled the room. It was incredibly emotional. Even more so when we found out there

were two heartbeats – we were having twins!

After that, we saw each other at least once a month, more towards the end when we wanted to help Jenny out with her kids. Jenny was incredible and she'd update us all the time. I found it hard not to carry the babies myself, which is why it was so important to have such a good relationship with Jenny.

In January 2011, Jenny had an emergency C-section. Only one person was allowed in the

room with her, so I went in and Jon and Jenny's partner waited outside. We chatted through the operation and quickly our twin girls arrived. They were given straight to me. I was sat on a chair next to Jenny and she witnessed the moment I became a mum. It was incredible.

### Parents at last

After that, we took the girls home. It was surreal because up until that point it had always been about the surrogacy and Jenny. This was the beginning of us just being normal parents to two lovely little girls. Of course Jenny would still be a big part of our lives – I can't imagine life without her – she's the girls' godmother and they call her auntie.

Our daughters are five now and we're proud to tell them how they were born, that Mummy's tummy was broken so Auntie Jenny grew them for Mummy and Daddy. We're so proud of surrogacy and hope the story shows the girls our values as a family – empathy, friendship and determination.

Jenny gave us our girls – our family of four we'd always wanted. And we're finally complete.

**\* For info, visit [surrogacyuk.org](http://surrogacyuk.org)**



# *‘Happiness is your own CHOICE’*

TV presenter Katie Piper on marriage, parenting and how she stays positive no matter what life throws at her

**B**rimming with confidence and always optimistic, Katie Piper is about as far from a ‘victim’ as you can imagine. Eight years ago, she suffered a horrific acid attack but, despite countless operations and painful treatments, the determined 32-year-old has just kept on going and both her career and personal life have flourished. Two years ago, her little girl was born and last November, she tied the knot with Belle’s dad, carpenter Richard James Sutton (who she calls James). Just being around Katie is like a tonic, so it’s no wonder she was asked to present a new show helping reluctant patients. We caught up with the busy mum and TV presenter to find out how she keeps all those plates spinning...

**Getting married has massively changed things for me.** We were so in love before the wedding, but it strengthens that love and cements everything, so you feel even more secure. I still get excited when I say ‘my husband’ because it feels so new.

**James and I split the parenting down the middle.** It’s very equal – he’s changed as many nappies as me, if not more. We rotate everything, like we take her swimming each week and we take it in turns. He’s really involved, which is good, because at the end of the day we had her together, so it’s a responsibility we share.

‘Getting married has massively changed things for me. I still get excited when I say “my husband”!’





**I've chosen to be a working mum, so don't want to beat myself up about it.** I know that whatever choice I make in life I want to do it to the full and enjoy it. We concentrate on the quality of the time we spend together rather than the quantity.

**Around the time I found out I was pregnant, my mum was diagnosed with cancer.** It was a bittersweet time and it's been quite an up and down time for Mum. It would have felt strange for her because she was used to being my companion at hospitals, then suddenly it was her who was going in for the scans and operations.

**Being a parent gives you a different level of anxiety when it comes to your own health.** Belle's my number one visitor

when I'm in hospital. James brings her in and they sit with me and keep me company. My treatment isn't so much about treating the burns any more, it's more functional things, like when I have to go in for a nasal operation to help me breathe. Medical treatment has definitely become more routine for me and I've accepted it's part of my life.

**Having seen so many doctors myself, my new series *Never Seen A Doctor, Never Seen A Dentist* feels quite personal.**

During filming, I met people who had put off getting any kind of medical or dental help. It sounds crazy, but lots of us bury our head in the sand because we don't

want to face up to what's happening. Some people we met had not just lost all of their teeth, but they'd allowed their jaw to rot away, too! They had a genuine phobia of even getting through the door to meet the dentist. We were able to help people embrace the amazing world of medicine to find specialists and cures.

**Sadly one person died while we were filming.** One couple had serious dental issues. He had lost all of his teeth, so just stopped eating while his wife was living on melted cheese, two litres of Lucozade a day, cream and trifles, just because she

couldn't chew anything. She became obese and her heart just stopped. She'd actually just finished the treatment with us and the last time I saw her, she was smiling with these brand-new teeth – and then she passed away in her sleep.

**I understand the people on the show because I'm exactly like them.** There have been times when I've needed a wound redressed, but put it off because I'd had enough of doctors. I think that's only natural, there's only so much a certain person can deal with.

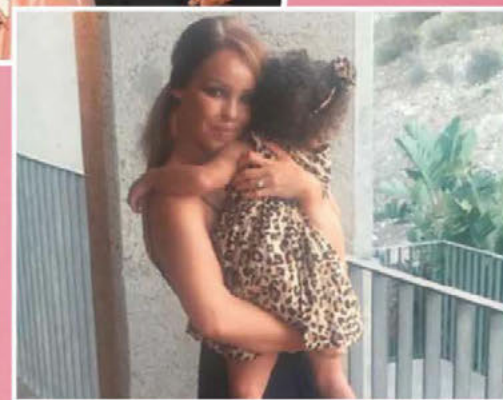
**I'm fascinated by the medical world.** After everything that's happened to me, I'm really interested in psychology and counselling. I have a mentoring scheme that I do through my foundation [The Katie Piper Foundation] where I get to help lots of people and talk to them.

**I'm a massive believer in the power of positive thinking** and I'm writing a new book, which is sort of like a self-help book about confidence. I'm also putting on a show at The Ideal Home Show called 'Confidence for the spring'. It's all about decluttering your mind and moving forward with a positive attitude. I really believe happiness is your own choice.

**\* *Should Have Seen A Doctor, Should Have Seen A Dentist* is on C4 from March**



Left: Katie and James enjoy a rare night out. Below: Happiness for Katie is a cuddle with daughter Belle



## MY BIG LOVES

♥ **TURKISH FOOD** I'm pescatarian, but I love a shish kebab with salmon and monkfish. At home, James does the majority of the cooking – he's the best cook in the house.

♥ **CELEBRITY BIG BROTHER** I was obsessed with it this year, but I'd never do it myself – I've spent enough time locked in my own house!

♥ **OUTDOOR EXERCISE** I like to involve Belle and my husband in exercising. We go to the fields or the park and run around – we don't see it as a chore.

♥ **STAYING IN** I never go clubbing or drinking any more. Since having Belle, James and I tend to have more special nights in together rather than big nights out.

♥ **LBDS** I'm all about black when I do go on a night out – I think it looks so sophisticated with high heels and a bright red lipstick.



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# EASY Beauty

GoodtoKnow.co.uk



## HI THERE!

**SARAH ALLARD REVEALS  
ALL THE BEST TRICKS  
TO LOOKING GORGEOUS  
IN NO TIME AT ALL...**

## THIS MONTH...

### Hair know-how!

For an instant youth-boost, ask your hairdresser to cut into the ends to create volume and an uneven edge – just like Jennifer Lawrence's new do (right). And, when it comes to anti-ageing products, think moisture and try Julien Farel for QVC De-Frizz Restore, £23.92, which cleanses and conditions in one go, and ghd Advanced Split End Therapy, £19.95, to repair damaged ends.



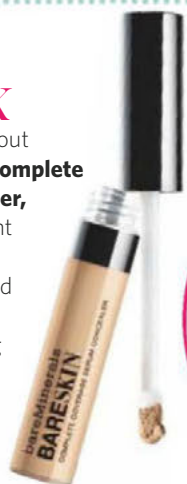
For more make-over inspiration, go to [goodtoknow.co.uk/shorthair](http://goodtoknow.co.uk/shorthair)



### HIDE & SEEK

I can't bang on enough about **bareMinerals bareSkin Complete Coverage Serum Concealer**, £22. It contains antioxidant lilac plant stem cells that defend against dry skin and other signs of ageing. It's my new go-to for covering dark circles in one sweep. A truly genius product!

Photography Rex



**56%**  
OF WOMEN FEEL  
YOUNGER THAN  
THEIR ACTUAL  
AGE BY AT LEAST  
FIVE YEARS

### SKIN SAVIOURS

If you suffer from pigmentation, then you'll know that nothing gives the game away quicker than dark spots and dull skin. To even things out, try these complexion boosters: **Bourjois City Radiance**, £9.99, is a brightening base with UVA protection, while **Sanctuary Therapist's Secret Facial Oil**, £17.50, will give you a youthful, healthy glow.



For lots more tips and advice on how to combat skin pigmentation, go to [goodtoknow.co.uk/pigmentation](http://goodtoknow.co.uk/pigmentation)



**TRIED  
TESTED  
LOVED!**

I couldn't believe my luck when I tried the **Too Faced Hangover Replenishing**

**Primer**, £27, infused with coconut water and probiotics. After a week I noticed that it revived my sleep-deprived and overworked (or should that be over-wined) skin like magic!







# SKINCARE

## is not enough

(It's how you apply it that really counts)

Is your flannel stealing your cleanser? Or your toner blocking that pricey moisturiser? Find out why...

**A**lready found your perfect skincare products? Then high five to you! But remember, how to apply them is just as important as what's in them.

You may have been thoughtlessly slapping on your moisturiser and over-enthusiastically rubbing in your eye cream – well it's time to stop! We promise you, you're not getting the best from your beauty buys.

### It's all in the application

The best way to apply your skincare products is like a hidden secret – it's very rarely spelled out on the packaging, but it's exactly that which makes a HUGE difference to the final results. 'The application process can make the product more effective,' says Abigail James, facialist and Global Treatments Ambassador at Liz Earle.

And good news, no pricey new tools are needed, your hands are the best tools for controlled, precise application. Follow our fail-safe guide to get the most from your products and you'll soon see your skin will be reaping the benefits.

## Cleanser

\* **PORTION CONTROL** Squeeze a 50p sized amount into the palm of your hand.

\* **CREAMY CLEANSERS** should be warm, so rub between your hands and apply to dry skin. Don't apply straight on to a flannel as it will just absorb too much of the product and you'll have to use more than you actually need for it to work.

'Take a minute to really work it into all parts of your face,' says Alice Hart-Davis, founder of Good Things Skincare. 'Use your fingers to massage the product in small circles around your forehead, eyes (gently here!), nose, chin and neck, then rinse off with warm water.'

\* **TAKE TIME TO MASSAGE** in your cleanser – this will give it a chance to blend in with, then lift away, all the dirt, sweat, bacteria and make-up that's accumulated in the day. Always massage it into your skin in a circular motion in order for it to work more effectively.



### THE TOP THREE

Good Things Manuka Honey Creamy Cleanser, **£4.99**. Elizabeth Arden Cleansing Oil, **£25**. L'Occitane Angelica Cleansing Gel, **£18**

**To get your products working hard under the surface, apply from the lightest consistency to the heaviest**





## Moisturiser

\* **PORTION CONTROL** Put no more than a 20p-size blob on the back of your hand and use as much as you need.

\* **DOT YOUR MOISTURISER** evenly across your face and blend. Avoid smoothing it out from the middle of your face as this can cause excess oil around the hairline – risking spots.

\* **DON'T FORGET YOUR NECK** Our smartphones and tablets are speeding up premature sagging and drooping jowls, causing 'tech-neck' as we're constantly looking down to text or check Facebook.

\* **TO FIRM AND TONE THE JAWLINE**, bend your index and middle fingers on both hands and place your chin between your knuckles. Glide along your jawline up towards your ears in a sweeping motion, then repeat a few times.

### THE TOP THREE

Olay Regenerist 3 Point Super Age-defying Cream, **£29.99**.  
M&S Formula Age Replenish Neck Cream, **£12.50**. Model Co Day & Night Moisturiser, **£18**





*Choose a multi-tasking moisturiser that lifts, firms AND plumps*

## Serum

**\* PORTION CONTROL** To get your money's worth from your product, use just a few drops or a blob like a grain of rice.

**\* SERUMS ARE FULL OF SUPER-CHARGED INGREDIENTS** and that's why they cost more than other products. They're designed to absorb into your skin in ways everyday moisturisers can't.

**\* DAMP SKIN IS BETTER...** it's a whopping ten times more permeable than dry skin. So, to get the best from your serum, apply it to moist skin, which will allow it to penetrate your skin even deeper.

**\* A GOOD SERUM** should sink into your skin quickly. If it lingers and leaves a residue, then it's not doing its job properly.



### THE TOP THREE

B. Radiant Rejuvenating Serum **£13.99**.  
Estée Lauder Idealist Pore Minimizing Skin Refinisher **£45**. Soap & Glory Bright + Beautiful Radiance Serum, **£13**



## Toner

**\* PORTION CONTROL** For a lotion, you need a 20p-size blob and for a tonic, drench a standard sized cotton pad. 'Fifteen per cent of make-up is left behind after cleansing,' says Fiona Brackenbury, Decléor's head of education and training. 'If your skin isn't totally clean it stops anything you apply from absorbing effectively.' So, that premium moisturiser you've spent a month's wages on won't work properly without using a toner first.

**\* TONER REMOVES IMPURITIES** that have stubbornly hung about on your skin after washing with a cleanser. Saturate two cotton pads with toner and sweep over your face, neck and décolletage at night to complete your cleansing and again in the morning to remove sebum and balance your skin's pH.



### THE TOP THREE

Clarins Extra-Comfort Toning Lotion, **£20.50**. Decléor Aroma Cleanse, **£20**. Pixi Glow Tonic, **£18**





*Use eye cream sparingly – just a little does a lot*

## TECHNIQUE KNOW-HOW

Skincare expert Nichola Joss reveals how you can do your own eye massage to easily reduce puffiness

- \* First, apply a pea-sized amount of eye cream to your middle finger.
- \* Take your index finger and place on your temples.
- \* Gently tap your middle finger from the outside of the cheekbone inwards along the upper cheekbone, into the eye area and the bridge of your nose.
- \* Moving upwards, apply more pressure and sweep along the eyebrow and brow bone to the outer corners of your eye to lift the brows and de-stress the muscle.
- \* Repeat and circle the eye six times.
- \* Finish off by massaging in the remaining product into the temple area. Wait a few minutes to let the product sink in.

Feature Charley Williams-Howitt Photography Camera Press, Votre Beaute/Frederic Farre

## Eye cream

- \* **PORTION CONTROL** Put a pea-sized drop on your ring finger.
- \* **USE EYE CREAMS BEFORE MOISTURISER** as the area around your eye is delicate, so the product is often lighter. Massage into skin with your ring finger – it's weaker than the rest of your fingers, meaning you can't help but use it lightly – use a gentle tapping motion.
- \* **APPLY TO THE UNDER EYES** and up to the bone at the top of your cheeks working from outside in. Don't put too much on though, as it won't make it more effective – it'll just seep into your eyes and irritate them.

### THE TOP THREE

Sanctuary Spa Protect Wake Up & Revive Eye, **£14**. Liz Earle Daily Eye Repair, **£16.75**. Dermalogica Intensive Eye Repair, **£38.90**







# A radiant NEW YOU

Unveil brighter, more youthful skin in an instant  
- and claim a fab beauty gift at the same time



**W**e've teamed up with award-winning skincare brand Murad to bring you a radiance mask that whisks away dullness, leaving your skin bright and glowing. The Intensive-C Radiance Peel (50ml) works instantly to reveal brighter, smoother skin after just one application. Skin-renewing glycolic acid exfoliates to unveil younger-looking skin, while vitamin C and Indian fig protect against

free-radical damage. The result is noticeably more radiant skin in just one step.

As part of your gift you'll also receive a deluxe travel-size version of Murad's brand new product: Hydro-Dynamic Quenching Essence. This silky serum floods skin with moisture, leaving it soft, plump and youthful-looking.

World-renowned dermatologist Dr Howard Murad founded Murad skincare in the belief that only healthy skin can be truly beautiful and Murad products

deliver the skin benefits that make them a world leader in skincare.

Fearne Cotton, Lisa Snowdon and Emily Blunt are just a few celebrities who swear by the 'Murad glow', so get yours, too!

## HOW TO CLAIM YOUR FREE GIFT

Simply visit [www.murad.co.uk](http://www.murad.co.uk), spend a minimum of £30, then enter code MURADPEEL when you check out. The offer closes on 15 April 2016.

\*TERMS & CONDITIONS Gift included when you spend £30 or more at [www.murad.co.uk](http://www.murad.co.uk) using the correct code. Offer is valid until 15 April 2016; only available while stocks last and subject to availability. Offer is not valid with any other offer or promotion. Strictly one promotional code may be used per order. A purchase must be made in order to take advantage of this offer.



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# The LOW BLOW

It's a blow-dry, but not as you know it! Get ready to turn UP the style and cut DOWN the time...

## All you need to know

The Low Blow is the done, but undone look. If you're over the super-polished blow-dry of old and keen to try something more natural and modern, this is the one for you. It's a quick appointment in the salon and really easy to replicate at home.

John Frieda stylist Melanie Pellegrini is a Low Blow aficionado and says it's no longer about having oodles of volume at the top, instead it's all about airy and loosely waved ends.

### Style tip

To refresh your new do, top up the curl factor a day or so later with your tongs and spray a little dry shampoo to add serious stamina to your look. The Low Blow lasts much longer than an average blow-dry. Yes, the waves will drop slightly with time, but this makes the style look even more natural.

GET THE LOOK

**1 DRY IT** with your hairdryer, holding your head upside down, and tousling through with your hands as you go – no fiddly round brush required. However, if your hair is very straight, you can dry it with a diffuser, which will add more kinks and volume.

**2 WAVE IT** Spritz a heat protector spray through your hair, then pick up a medium-sized hair wand and use it to add waves through your mid-lengths. Take sections that are at least 3cm thick and curl them away from your face – this creates a more feature-flattering wave. It doesn't matter if some sections are curlier or looser than others, the more uneven, the better. The key is to avoid anything that looks too perfect – so the pressure's off ladies!

**3 TOUSLE IT** Tip your head upside down and use your fingers to gently ruffle your hair at the root as if you were shampooing it. If your hair is fine and you're up for more volume, apply a texturising spray through your mid-lengths to bulk things out. Add a little serum to the ends of your hair to condition them and reduce the look of any split ends.

**4 FIX IT** Mist your hair with a fine, light-hold hairspray that will set your waves, but still allow for movement. Hold the can 30cm away from your head to keep the distribution light – this will ensure the spray sits invisibly on your hair and doesn't dull down any shine.



## Your Low Blow Kit



**THE HEAT PROTECTOR** Percy & Reed Heat Protect Styling Mist, £18



**THE HAIRSPRAY** Color Wow Get In Shape 2 in 1 Working Hair Spray, £16.50



**THE DRY SHAMPOO** #10 Minute Blow Style-Revive Dry Shampoo, £10



**THE TEXTURISING SPRAY** Charles Worthington Volume & Bounce Texturising Spray, £6.99



**THE TONG** BaByliss Pro Ceramic Dial-A-Heat Tongs (32mm), £35



# Fashion \* Beauty Diets \* News \* Food



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IT'S FOR  
WOMEN  
NOT  
GIRLS



# SIMPLY delicious!

Espresso, chocolate, wine...  
the naughty-but-nice beauty  
trends for your make-up bag

From luscious latte-look lips at Kenzo and merlot-stained mouths at Emporio Armani to glossy, light caramel tans at Alberta Ferretti and, not forgetting the toffee 'bronde' hair seen *everywhere* – it's all about wearing the

good-enough-to-eat tones of tastiness this spring. Yes, the fashion world has given its permission for us to indulge our cravings in these treats, inspired by this season's catwalk – and there's no counting calories! Question is, which delight's for you?

1



EMPORIO ARMANI



2



3



4



7



8



5

ALBERTA FERRETTI



9



- 1 Charles Worthington Salon at Home Colour Revive Tinted Colour Mousse, **£9.99**
- 2 Avon Ultra Color Lipstick in Wine With Everything, **£7.50**
- 3 Burberry Fresh Glow B.B. Cream, **£30**
- 4 Clinique Wear Everywhere Eye Shadow Octet, **£32**
- 5 Essie Nail Lacquer in Wicked, **£7.99**
- 6 Bondi Sands Liquid Gold Self Tanning Dry-Oil, **£14.99**
- 7 Barry M Gelly Hi Shine Nail Paint in Almond, **£3.99**
- 8 Too Faced Melted Chocolate Liquified Long Wear Lipstick in Chocolate Honey, **£16**
- 9 Illamasqua Lipstick in Buff, **£19.50**



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Kirsty Gallacher  
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# PRETTY SMART

Time is precious and every second counts, so take back an hour every week with our clever tips

## MANI MINUTES



**PAINT** Do your own express DIY manicure in a faff-free flash with **Sally Hansen Complete Salon Manicure Nail Polish, £7.99**. It's your basecoat, colour and topcoat in one hit, so just a couple of slicks on each nail and you're good to go!

Time saved  
**5mins**



**DRY** For an added bonus quick-fix, apply a drop of **Bourjois Instant Dry Nail Drops, £5.99**, to speed up the drying process twice as fast, with zero flapping of hands. Win win.

Time saved  
**4mins**

## POWER SHOWER



**MOISTURISE** When you've just got out of the shower, all you want is a cosy dressing gown and coffee. But, darn it, there's that dry winter skin to fix. Luckily, **Nivea In-Shower Body Moisturiser, £3.50**, cleanses and moisturises all in one go, and on an average three showers a week, that really adds up.

Time saved  
**12mins**



**TAN** Get more out of your shower and use it to fake tan. Lather on **St Tropez In Shower Gradual Tan Lotion, £14.50**, leave for a minute, then wash it off. You'll be getting your glow-on by the time elevenses rolls round.

Time saved  
**4mins**

## HAIR HEROES



**BRUSH IT** Detangling hair can take an age, with the extra hazard of damaging it as you wrangle with knots. Pick up **The Wet Brush, £11.99**, and you'll have sleek hair in seconds. If you're a wash-my-hair-every-shower girl, you'll notice the time you get back.

Time saved  
**12mins**



**WASH 'N CONDITION IT** Wave bye-bye to your 'lather, rinse, repeat' sessions. Use **Percy & Reed Perfecting Wonder, Cleanse & Nourish, £18**, a super-smart cream to clean and condition.

Time saved  
**10mins**

## FACETIME



**COLOUR** Scrabbling in your make-up bag for products when you're in a hurry is annoying. That's why we love the 2-in-1 **Body Shop Lip & Cheek Universal Velvet Stick, £12**. It adapts to the pH of your skin to create an individual shade for your cheeks and lips. Put it within easy reach for effortless touch-ups in minimal time.

Time saved  
**8mins**



**COVERAGE** Streamline your make-up routine and go for all-in-one primer, sun protection and colour. **bareMinerals Prime Time BB Primer Cream SPF 30, £23**, means no more flitting from one bottle to another! What did we do before we had multi-use products?

Time saved  
**5mins**

Total time saved: 60 minutes of me-time. Every. Single. Week. Enjoy!



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# GOOD Health



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## HI THERE!

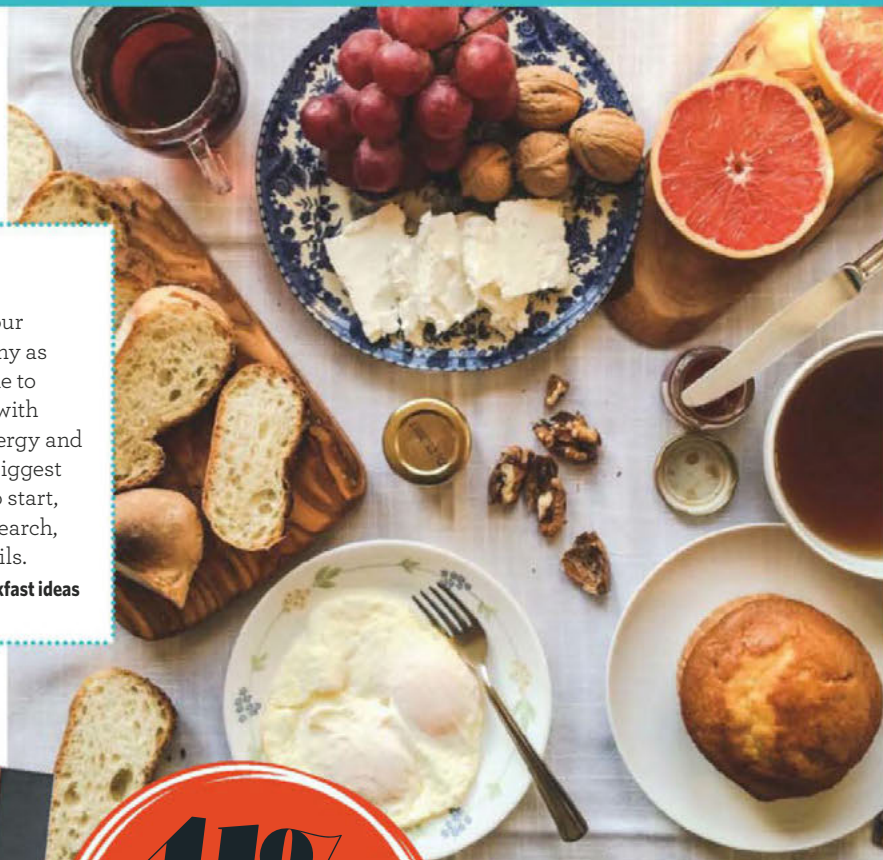
HEALTH WRITER ANNA MATHESON BRINGS YOU THE LATEST FROM THE WORLD OF WELL-BEING

## #TRENDING NOW...

Artsy snaps of avocado on toast might fill our Instagram feeds every weekend, but as many as 50% Britons actually skip breakfast. It's time to make like the health gurus and fall in love with brekkie again, especially since it boosts energy and helps maintain a healthy weight. Britain's Biggest Breakfast on 11 March is the perfect time to start, and you'll be raising money for Cancer Research, too – visit [cruk.org/breakfast](http://cruk.org/breakfast) for more details.



Stuck for ideas? There are tons of healthy breakfast ideas at [goodtoknow.co.uk/healthybreakfast](http://goodtoknow.co.uk/healthybreakfast)



## PRODUCT OF THE MONTH...

Pana Chocolate's range of organic gift packs (£13.50, [panachocolate.com/uk](http://panachocolate.com/uk)) are free from refined sugar and packed with vitamins for a guilt-free Easter treat.



**41%**  
OF BRITS AREN'T  
AWARE THAT BEING  
OVERWEIGHT  
INCREASES THE RISK  
OF CANCER\*

## WORK OUT LIKE SPORTY SPICE

Mel C shares exercise secrets in time for charity Shelter's Vertical Rush on 8 March

- \* **DROP IT LIKE A SQUAT** Set yourself a daily squat target, increasing by a few each day, to improve your lower body strength.
  - \* **JUMP IT UP** Incorporate jumps into your workout using steps, boxes or benches to increase your strength and speed.
  - \* **SPIN TO WIN** Join a spin class to stretch your stamina to its limit.
  - \* **KEEP IT COOL** Make sure you have rest days.
- Take on London's Tower 42 (932 steps) at shelter.org.uk/verticalrush**

Find more of Mel's tips at [goodtoknow.co.uk/MelCFitness](http://goodtoknow.co.uk/MelCFitness)



**3 OF THE BEST...**

## Workout DVDs



**BEST FOR KILLER ABS**  
Work out with Kim Marsh Power Sculpt (£14.99, HMV) – the Corrie actress swears it'll even get rid of a mum tum!

**BEST FOR OVERALL FITNESS**

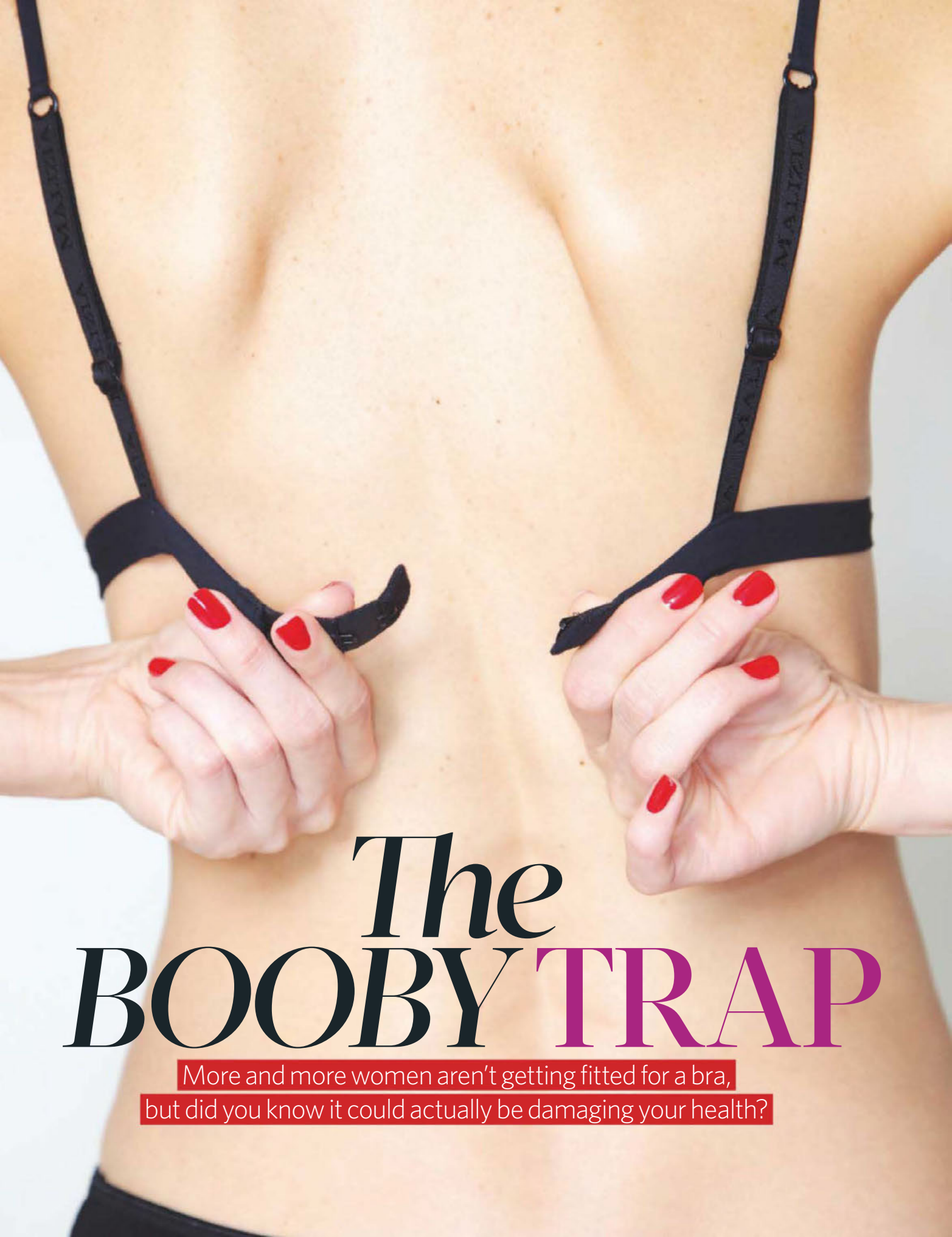
Davina McCall is looking incredible at the moment and puts

it all down to her new workout, Davina: 5 Week Fit (£12.99, Amazon). **BEST FOR FEELING TOTALLY ZEN**  
Be energised in the morning, relaxed in the evening with Emmerdale star Roxy Shahidi's AM/PM Yoga for beginners (£12.99, Amazon).



For all of our favourite fitness DVDs for 2016 head to [goodtoknow.co.uk/fitnessdvds](http://goodtoknow.co.uk/fitnessdvds)





# *The* **BOOBY** TRAP

More and more women aren't getting fitted for a bra,  
but did you know it could actually be damaging your health?



**W**hen all is well in the lingerie department, you shouldn't feel relieved when you whip your bra off and get into your PJs. 'If you get the cup size and underband right, you'll feel so comfortable and supported, it'll feel like you're not wearing anything,' says Marks & Spencer's bra fitting expert Julia Mercer. But with around 80% of women in the UK wearing the wrong bra size, a little discomfort is the tip of the iceberg – you could actually be putting yourself at risk of serious health issues. So we asked the experts how to get the 'breast' support for your assets.

## The damage

As well as backache, neck or shoulder pain and headaches, some experts link poor posture, arthritis, slipped discs and nerve damage to a poorly fitting bra. 'A bra that's too tight restricts movement in the upper back, causing stiffness and spine restriction,' says Tim Allardyce of Surrey Physio\*.

And it's not good news if your bra is loose either. A bra that is slightly too big doesn't support your cleavage, so your neck and upper back muscles have to work harder to support the weight of your boobs. 'As soon as the neck muscles are overworked, you're far more likely to get a headache,' says Tim. 'This isn't so much an issue with smaller breasts, but with larger breasts, it can be quite a strain.' Go for a bra fitting and as well as feeling more comfy, you might not have to reach for the paracetamol several times a day.



## Check mate Julia's top five tips for your best-fitting bra ever...

**\* UNDERBAND** This part of the bra provides the majority of the support you need, so it's really important that it fits firmly. The band should be parallel to the floor and secure enough to fit only two fingers under the elastic.

**\* CENTRE FRONT** Also known as a bra bridge, this should sit completely flat against your sternum.  
**\* SIDE WIRE** Always make sure that this part of the bra fits flat against your ribcage and is never digging into the breast tissue.

**\* CUP CAPACITY** Your breasts should fit fully into the cup without any spillage.  
**\* STRAPS** These should be adjusted to just fit two fingers on top of each other, which will give you the right pressure on your shoulder.

## The signs

**BIG BAND** The most support comes from the back band, so if that's too loose, your bra isn't performing its function. 'When the band is too big, you often see bras travelling up the back,' says Julia. Or you could be suffering from 'underboob', when your boobs spill out from below the cup. A perfectly fitting bra will only allow space for two fingers to slip underneath the band. And if the band is too tight, you might notice back fat bulge – which won't look pretty in that slinky top.

### CUP HALF EMPTY

Have you lost weight recently? Well done! But it's time to check that your cups are still the right size and offer adequate support to the delicate breast tissue. Since breasts are made up of up to 75% fat, they can often be the first thing to change if you drop a few pounds, so reducing the cup size is key to a snug fit.

**STRAP ATTACK** Ugly indentations on your shoulders at the end of the day are a clear sign your straps are too tight. 'This

To check if your bra is fitting correctly, lift up your arms and twist your body – your bra should stay perfectly in place

happens when the straps have been over-adjusted with the intention of giving support,' says Julia. 'If straps are shortened too much, the breast will fall forward and the back of the bra will work its way up, therefore not giving you any support at all.' Check you're not being over-zealous with your straps by slipping them off your shoulders – if your boobs drop suddenly, you need to loosen the straps as the cups should stay in place and support your breasts.

**CUP RUNNETH OVER** If your bra's too small, you'll notice it first in the cups. 'You'll see spillage at the cleavage area, under the arms and across the back,' says Julia. You might also notice a bit of sideboob or a 'four boob' effect when the breast spills out over the sides and top of the cups – not a good look! 'The cups should firmly encase the breast, sitting fully back at the centre front, with no wires digging into the breast tissue,' advises Julia.

**SHAPE SHIFTER** There's four key bra shapes; plunge, balcony, full cup and strapless. Discovering what's right for you is the key to having your 'just right' Goldilocks moment in the bra department. 'Most girls can wear a full cup or strapless,' says Julia, 'but if you have a small frame and close cleavage, a plunge will fit you better.' For those with wider shoulders and a gap between your breasts, it's best to go for a balcony for the most comfort.

## Perk up If you feel like everything's going south, then try these easy exercises for some natural uplift, says chartered physiotherapist Sammy Margo

**\* While standing, roll your shoulders outwards so that your thumbs are facing backwards. Push your shoulder blades back and down. Try to increase the distance between the shoulders as**

**this will help your breasts to sit higher on the chest.**  
**\* Put your hands in a prayer stance. Press your palms firmly together. You should feel tension in your pectoral muscles, which are important in**

**supporting the breasts.**  
**\* Interlink your fingers behind you. Stretch your arms out and back. You should start to feel a pull in the front of your chest, which will help reverse any slumping.**





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up to **100% Leakage Protection**



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**always**



# 5 STEPS TO A fresh(er) start

You might lose an hour of sleep this month, but you can still get out of bed with a spring in your step... honest!

## 1 GET UP AS SOON AS YOU WAKE

Be realistic when you set your alarm. Kidding yourself you're going to leap up and clean the bathroom before work is pretty pointless: nine times out of ten, you'll hit 'snooze' when it goes off at 6am. Set it for when you actually have to get up, and you'll soon retrain your body clock to wake - and get - up with your alarm.

## 2 Make it harder to hit 'snooze'

Can't resist that button? Put some obstacles in the way. Move your alarm to the other side of the room and you'll be forced to get out of bed just to shut it up! Or, if your partner gets up early, ask him to switch on the radio, open the curtains and bring you tea. Heck, you might even have time for a quickie!

## 3 Turn on the lights

'Being exposed to a bright light in the morning sends a strong signal to your body that it's time to wake up,' says Vikki Revell, a sleep scientist at the University of Surrey. Whipping open the curtains to let the sunshine in will perk you up straight away. Or invest in a body clock alarm (lumie.com) that wakes you gently with gradually increasing light, so you feel refreshed and energised.

## 4 GIVE UP YOUR LIE-INS

Sleeping in on a Saturday is doing your body clock no favours. You might think you're catching up on missed sleep, but studies show that your sleep debt (the difference between what you need and what you're getting) can never be paid back. So leave the alarm as it is and spend those extra hours doing something that makes you feel good - like that Zumba class!

### Swapsies

Coffee on an empty stomach stimulates hydrochloric acid and promotes the release of stress hormones. So swap your morning cuppa for water to kick-start your metabolism

## 5 Do some exercise

We're not suggesting you jump out of bed, straight into your trainers for a run every morning, but gentle exercise a few mornings a week will help you feel more awake and full of energy. You don't even have to break a sweat - try some simple stretches or a short yoga sequence. YouTube has hundreds of workouts - our fave is Yoga with Adriene: *Morning Yoga* - *Yoga to Start Your Day*.







# KEEP BEING HER FAVOURITE PLAYMATE

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\*Source - IRI data 52wks 26th December 2015 - Value, Packs and Pieces.  
\*\*Terms and conditions apply.





# I THOUGHT I'D PULLED A MUSCLE, *but it was way worse...*



When Emma Rapp, 44, felt pains training for a marathon, she put it down to an injury

**E**arly in 2014, my partner Darren had a series of strokes and spent five weeks in hospital.

**At the same time, I was training for a marathon and although I had a few niggles, I put it down to stress.**

Then, when I was out running, I started to feel a pain down my right side. I assumed it was a pulled muscle, but when it started to get in the way of my day-to-day life, I went to the doctor, who thought I might have a cyst on my ovary.

My stomach ballooned and became so painful, but as my scan was due, I didn't go back to the doctors.

When I did see her, she immediately sent me for CT and MRI scans, a biopsy and some other tests. It was then I realised it could be serious. Three weeks later, it was confirmed – I had stage four ovarian cancer. There's no history of cancer in my family and I've since tested negative for the BRCA gene.

The cancer was aggressive and had spread to my lungs,

chest and peritoneal cavity. I sat there in silence while Darren asked the practical questions. Telling our 22-year-old daughter Jamie-Lee was the hardest thing I've ever had to do, but we just had to be positive and get on with it.

## Tough treatment

The plan was to have three cycles of chemo and then remove the remaining tumours.

But even after the chemo, they couldn't operate.

I felt utter dread and carried on with the chemo.

Finally in November, the surgeons operated. I had a radical hysterectomy, removal of my

spleen, a liver resection and a rebuilt diaphragm. I did worry that I wouldn't make it, but when I was well enough, it was straight back on chemo.

The following February, scans revealed no evidence of



disease – they'd got it all. That was huge, we were so happy.

I have to go in for scans every three months and blood tests every 12 weeks, but I'm disease free and feeling good. My skin's much better now I'm off the chemo and I'm so happy I have enough hair to go to the hairdressers again!

Having cancer has totally changed my outlook on life. We live for the day now. Darren and I finally got married in November – and we don't want to waste another moment. I'm told there's still a strong chance the cancer will come

back and I do worry that I won't be around for Jamie-Lee.

Our lives will never be the same, but we're getting used to the new 'normal' and keeping positive. I've even started running again and entered another marathon this spring. I want to prove to myself that everything has come full circle, so when I cross that finish line, I'll say to myself, 'Job done'.

**'Having cancer has changed my outlook. We live for the day now'**

## \* Need TO KNOW

**Would you recognise the signs of ovarian cancer? Find out what to look for at [goodtoknow.co.uk/ovariancancer](http://goodtoknow.co.uk/ovariancancer)**



# Don't have time to exercise? THEN B.O.G.O.F!

Double up your workout with these 'Bust One, Get One Free' exercises that target two or more parts of the body in just one move

**W**hile the weekly supermarket sweep might feel like a weightlifting session, especially with kids in tow, there are easier ways to get your fitness fix. If you're busting a gut trying to squeeze spare time into your schedule, try packing cardio and conditioning into one workout instead of two.

Former *Gladiators* stars Jenny Pacey and Wayne Gordon, from Pace & Go in London, say faster always means fitter. 'So many people waste time in the gym because they bounce around without any real goal, doing a bit of this machine and a bit of that,' says Jenny, who also happens to be a former Olympic bob-sleighter, international pentathlete and long jumper for Great Britain! 'The simple rule is: exercises that force your body to move the most (and the quickest) offer the biggest benefits – think squats, deadlifts, sprints and push-ups.'

Okay, while not all of us will be able to achieve those gladiatorial glutes, even a few small exercises each day can make a difference to our body shape and weight, especially if they are combined.

'Combination moves are a time-poor mum's best friend,' affirms London-based personal trainer Anna Reich from A-PT Personal Training. 'The more muscles you use in one exercise, the harder your heart has to work – so they're super pulse raisers and big-time calorie burners in one!'

Here are four to try...

## 1 THE BOTTOM LINE

**WHAT?** The Deadlift.

**TARGETS** Lower body: strengthens back, tones glutes and hamstrings.

**HOW?** Stand with your legs hip-width apart, dumbbells in front of your thighs and a slight kink in your knees. Drive your hips back and lower the dumbbells to your knees, or just past, with a flat back and eyes up. Now, reverse the

movement back to the start position and repeat. Remember to only move from the hips.

**WHY?** 'This exercise targets our biggest muscles, so it burns the most calories and creates the biggest afterburn,' says Anna from A-PT.

**TIP** If you don't have dumbbells, use two plastic bottles filled with water or two cans of beans.

## 2 A weight off your shoulders

**WHAT?** The Dumbbell Thruster.

**TARGETS** Lower and upper body.

**HOW?** Stand with feet hip-width apart, holding your weights at chin height in front of you, and with a tight core to support your back. Perform a squat, pushing your bottom backwards slightly and flexing at the knees. Continue down to a full squat position, then drive up, pressing the weights overhead as you stand. Repeat.

**WHY?** 'Exercises that incorporate two or more muscle groups are a sure-fire way to get more out of your session,' says David Kingsbury, the celebrity fitness trainer responsible for Hugh Jackman's muscular physique in *The Wolverine*.

**TIP** 'If you really want to stretch yourself, add a 5-minute warm-up (jogging, skipping), a 20-second thruster, 10 seconds rest, then 8 thrusters and a 5-minute cool-down,' says David.

Muscle burns more calories than fat, so every muscle cell you gain is like a machine constantly burning calories, even when you're sitting or sleeping



### 3 The thigh's the limit

#### WHAT?

The Warrior Lunge.

**TARGETS** Glutes, thighs and hamstrings.

**HOW?** Keeping your upper body straight, shoulders relaxed and tummy tight, step forward with one leg, lowering your hip until both knees are at a 90-degree angle; lift your arms. Ensure your front knee doesn't go over your toe; keep the weight in your front heel and your back heel lifted. Repeat.

**WHY?** 'Perform between 12-20 reps each side and you'll burn calories for weight loss and tone up at the same time,' says former Spurs footballer Paul Ellis, from Ellis Stockwell Personal Training in North London.

**TIP** 'Try stepping forward with the leading foot and do a glute activation lunge instead,' says Paul. 'Cross your right leg in front of your left, lunging, then twisting your torso to the right.'

### 4

### TRI THIS ON FOR SIZE

#### WHAT?

The Arnold Press.

**TARGETS** Shoulders and triceps.

#### HOW?

Get Schwarzenegger shoulders by standing with two dumbbells positioned in front of your shoulders, palms facing the body and elbows under wrists. Bring your elbows out to the sides, palms turning out, then press the dumbbells overhead until

your arms are straight. Reverse back to the start position and repeat.

**WHY?** 'Not only are they an efficient use of time because they target the front and side of the shoulders as well as the triceps, but they're a good way to introduce strength training to your workout week if you're a cardio addict!' says Anna at A-PT.

**TIP** Begin with a light set of 2kg dumbbells and move up to a heavier weight as you get more proficient.

### FULL BODY WORKOUT IN ONE MOVE

**\* POWER PLIE** Come into a deep plié, then up high on to your toes. Hold your dumbbells palms up, draw your elbows behind you, then stretch your arms out full length at shoulder height, drawing back your elbows behind you as fast as you can.

'You're working your calves, glutes, thighs, core, shoulders and arms, and burning more calories than if you exercised them singly,' says Anna.

**\* ALTERNATE DUMBBELL SNATCH** Stand with your feet shoulder-width apart and a dumbbell in one hand; dip your hips to the floor until your knees are at 90 degrees and the dumbbell rests on the floor. Quickly pull the dumbbell up to the ceiling, extending your arm at the top of the move, while standing on your toes. Keep the dumbbell close to your body and thrust your hips forward. Repeat on the other side. 'Muscle burns more calories than fat, so every muscle cell you gain is like a factory constantly burning calories, even when you're sitting or sleeping,' says Jenny.

**\* BURPEE CLEAN & PRESS** 'With feet together and weights in hands, squat down and put your hands onto the ground in front of your feet,' says David. 'Keep your feet together and jump back to a push-up; jump back in and come back to a standing position, lifting the weights up to shoulder height and pressing overhead.'



# Lose weight Retain muscle

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LOST  
**6**  
STONES



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*Robyn, Dorset*

Always struggling to reach your target weight? Now is the time to bid farewell to those previous fad diets and actually achieve your health and weight loss goals! By combining nature's ingredients; high quality soya, yogurt and enzyme-rich raw honey, Germany's No.1 meal replacement programme can provide healthy and sustainable weight loss, while supporting overall well-being. Not only can weight loss improve overall physical appearance, it can also bring a host of additional health benefits.

Almased® was first developed in Germany to help improve energy levels. Not only did it do this, but it was subsequently found to be effective as part of a weight loss programme. At the University of Freiburg, clinical studies observed a significant difference between Almased® and normal low-fat dieting<sup>2</sup>. Furthermore, the researchers found that while fat was lost, essential muscle mass was retained<sup>1</sup>. Over 25 years of scientific research has shown Almased®'s benefits for weight loss, long-term weight management and overall health and wellness.

## The benefits of Almased®

- Reduces body fat without loss of essential muscle mass<sup>1</sup>.
- Clinically proven weight loss v a normal low-fat diet<sup>2</sup>.
- Nourishes the body with a unique blend of soya, yogurt and honey.
- Contributes to weight loss when replacing two daily meals.
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- Contains no artificial flavours, fillers, preservatives or stimulants and only naturally occurring sugars. Non-GMO, Gluten-free, Vegetarian and suitable for those with Diabetes.

1. Deibert, P et al (2004). Intl. Journal of Obesity; 28(10):1349-52.  
2. König, D et al (2008). Annals of Nutrition and Metabolism; 52(1):74-78.

## What's in Almased®?

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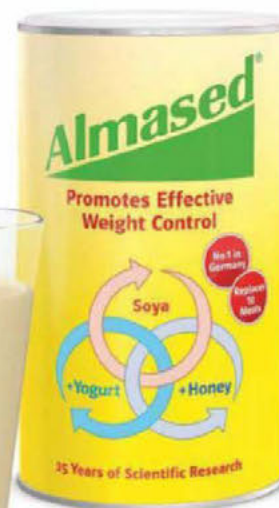
Beyond adding a touch of natural sweetness, this is carefully processed in order to optimise the raw enzymes that are present in Almased®.



## So simple to use!

Mix 50g of Almased® with 200-350ml of water or 200ml of low-fat milk and 2tsp of oil rich in essential fatty acids (e.g. olive, flaxseed, rapeseed or walnut).

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# What it's really like to... GET PERMANENT EYEBROWS



In her quest for perfect powerbrows, Stephanie Lowe ditched the pencil and went straight for the tattoo...

**H**ands up, who's got a hate-hate relationship with their eyebrows? Me too! It started 23 years ago when, envious of my big sister's shapely brows, I took a razor to mine.

By the age of 18, I was painfully aware of my shapeless, sparse brows, so I turned to the eyebrow pencil. I was always a tad heavy-handed – I'd been known to leave the house less Cara Delevingne, more Groucho Marx.

## Are you sure?

But a tattoo on my face? Would I, could I? Enter brow guru Tracie Giles, the name behind the celeb popular 3D Hair by Hair Brows, a permanent procedure, which is like a tattoo, but, well, not. Tracie is straight-talking and I warm to her instantly.

She starts by asking if I have an example of what I want – before I reach for the picture,

she warns me, 'don't say Cara Delevingne. Everyone wants them.' I slip my phone back in my pocket. 'Erm, just fuller, really.' I mumble.

Tracie lays me back on the bed and measures my face and current brow shape. She draws all over my forehead where changes will be made. Next, with an eyebrow pencil (hopefully the last I'll ever use!) she pencils in where she intends to fill. When she's finished she hands me a mirror and tells me to, 'be honest'. I see two slug-like TOWIE-esque brows looking back at me and can't hide my disappointment, but Tracie assures me, 'this is what the session is for,' as she asks me to draw in what I would like.

## No pain, no gain

Now, I've got a tattoo and have always considered my pain threshold quite high, but, oh, holy tweezers! It was painful – worse

than stubbing my toe, worse than a Brazilian wax, worse than... my ACTUAL tattoo.

Local anaesthetic is dabbed on with the promise that 'after the first application it will sink in and the pain will ease'. It didn't. But eventually Tracie passes me the mirror.

I hold my breath – but I love them! You can see each tiny individual slit, but they look like hairs, so realistic I can't stop looking at them.

## The result

Let me warn you, as your brows scab over, you *will* look like Groucho Marx, but you have to let the teeny wounds heal. Afterwards, the colour did start to fade and I was left with a lovely shape and no use for a pencil!

It had been a few weeks and none of my friends had noticed, so I cornered one I hadn't seen in ages, 'My eyebrows?' I demanded, raising them into her face. 'Oh, yeah,' she replied, squinting at them. 'I thought something was different. They look more groomed. More... relevant to your face.' And that's good enough for me.



## GET THE BROW LOW-DOWN

- \* **HOW DOES IT WORK?** The treatment draws individual hairs into the skin under ultra-precise magnification in a bespoke pigment blend to lift and define your brows.
- \* **HOW OFTEN?** Once a year for an annual retouch is all that's needed.
- \* **HOW OLD SHOULD YOU BE?** No particular age, says Tracie Giles. And she does permanent make-up on both men and women.
- \* **HOW MUCH?** From £495 for the first session, then £225 for annual retouches. Go to [traciegiles.co.uk](http://traciegiles.co.uk).





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## HI THERE!

DIGITAL FOOD EDITOR  
ANNA SBUTTONI SHARES  
HER BEST BUYS, CLEVER  
CHEATS AND EASY RECIPES

### THIS MONTH...

#### *It's all about sweet treats*

Get creative and a little messy in the kitchen with our easy recipes – trust us, we've got lots more Easter baking ideas than Rice Krispies nests! Try rocky road dotted with mini eggs or bunny biscuits decorated with icing and sprinkles. Perfect to keep your brood busy over the holiday.



Whether you love sweet or savoury, we have lots more Easter recipes at [goodtoknow.co.uk/easterforkids](http://goodtoknow.co.uk/easterforkids)

## WE LOVE...

### Eggs 'n' soldiers

For a posh (if naughty) breakfast in bed, pick up super-cute milk chocolate praline truffle egglets and praline-filled white chocolate soldiers, £7, Hotel Chocolat.



NO TIME TO BAKE? BUY PLAIN BISCUITS AND DECORATE THEM WITH PASTEL ICING... WE WON'T TELL!

## CHEATS CORNER

### 2-INGREDIENT PIZZA DOUGH

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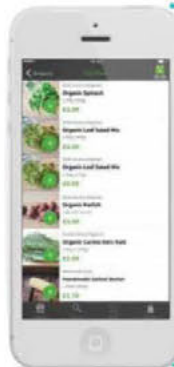


 Don't believe us? Watch how easy it is at [goodtoknow.co.uk/2ingredientpizza](http://goodtoknow.co.uk/2ingredientpizza)

## TECH KNOW

### Farm fresh

Want to buy seasonal fruit and veg cheaper than in superstores? Well, you can with the new online food market, Farmdrop – a free download from the App Store. Now it's easier than ever to enjoy fresh meat, dairy, fruit and veg from local farmers.



**TRIED  
TESTED  
LOVED!**

Have an easy Easter with a prepared, whole leg of lamb, which has been slow matured for extra succulence. Serve with roasted garlic and a squeeze of lemon juice. £20 for 1.8kg, Marks & Spencer.







£1.88  
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All under  
**£2**  
a head

# *Simple* SUPPERS

Kitchen cupboards are crammed with hidden ingredients,  
making it super-cheap to rustle up these tasty dishes



## MINI SPRING ROAST

**SERVES 4 READY IN 40 MINS**

*1 aubergine, chopped into chunks  
2 courgettes, chopped into chunks  
2 red peppers, sliced  
250g cherry tomatoes  
3tbsp olive oil  
560g tin new potatoes, drained and halved  
4 lamb chops, trimmed of excess fat  
25g pack basil, leaves only*

**1** Heat the oven to 220C, gas 7. In a large baking dish, toss the aubergine, courgettes, red peppers and cherry tomatoes in 1tbsp olive oil and season well with salt and freshly ground black pepper.

**2** Roast the vegetables for 10 mins, then remove from the oven and add the new potatoes along with 1tbsp olive oil. Toss again and return to the oven for a further 15 mins.

**3** Meanwhile, heat the remaining olive oil in a large non-stick frying pan and brown the lamb chops over a high heat for 2 mins on each side.

**4** Remove the vegetables from the oven and add the chops to the dish, then return to the oven for a further 10 mins. Scatter with basil leaves and serve.

**391 CALS PER SERVING**

**19g FAT 6g SAT FAT**

**21g CARBS**

Try this with pork chops or chicken for an even cheaper delicious dinner for the whole family



**£1.30**  
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## SPICY HOTDOGS WITH COLESLAW

**SERVES 4 READY IN 30 MINS**

*1tbsp sunflower oil  
8 spicy pork sausages  
2 onions, finely sliced  
2-3tbsp Nando's Peri-Peri Hot Sauce  
Zest and juice 1 lemon  
1 carrot, peeled and grated  
½ small cabbage, finely shredded  
½x227g tin chopped pineapple, drained*

*Handful coriander, chopped  
5tbsp light mayonnaise  
4 sub rolls*

**1** Heat the oil in a large pan and cook the sausages over a medium heat for 4-5 mins until golden brown. Add the onion and cook for a further 12-15 mins until golden. Add the sauce, lemon zest and

juice, and cook for 1 min.

**2** Meanwhile, mix together the carrot, cabbage, pineapple, coriander and mayonnaise.

Warm the rolls and slice open.

**3** Fill each roll with onion, then add the sausages and serve with coleslaw.

**633 CALS PER SERVING**

**34g FAT 10.5g SAT FAT**

**53g CARBS**





**£1.98**  
per serving

## CHICKEN PESTO BAKE

**SERVES 4 READY IN 30 MINS**

2tbsp olive oil  
4 chicken breasts, diced  
400g tin Homepride White Wine & Cream Sauce  
Small bunch chives, chopped  
250g light mozzarella, torn  
80g Parmesan, finely grated  
250g baguette, sliced into 2cm rounds  
4tbsp pesto

**1** Heat the oven to 190C, gas 5. Heat the oil in a large frying pan and brown the chicken chunks for 5 mins all over. Using a slotted spoon, scoop out the chicken and put into a lightly oiled baking dish.

**2** Mix the cream sauce with the chives and two-thirds each of the mozzarella, Parmesan and bread. Then, pour the mixture into the baking dish, giving everything a really good stir.

**3** Spread half the pesto onto the remaining pieces of bread and poke into the bake. Dot over the remaining pesto and sprinkle with the rest of the mozzarella and Parmesan. Bake for 15 mins until golden and serve with a big green salad.

**817 CALS PER SERVING**  
**40g FAT 12g SAT FAT**  
**46g CARBS**



**£1.87**  
per serving

## CHUNKY SALMON GOUJONS WITH PEA & PESTO MASH

**SERVES 4 READY IN 30 MINS**

40g dry breadcrumbs  
25g Parmesan, grated  
4x125g skinless, boneless salmon fillets  
1 egg, beaten  
650g shop-bought mashed potato  
75g pesto  
400g tin peas, drained  
240g mixed mange tout and sugar snaps  
Tartar sauce (optional)

**1** Heat the grill to medium. Mix the breadcrumbs and Parmesan, and season well. Slice the salmon fillets in half and dip into the egg, then roll in the crumbs to

coat. Put on a baking tray and grill for 10-12 mins, turning occasionally.

**2** Meanwhile, heat the mash. Put the pesto, peas and 1tbsp water into a saucepan, cover with a lid and cook for 3-4 mins. Then, crush with a potato masher, add the hot mash and stir well to combine.

**3** Steam the mange tout and sugar snaps for 4-5 mins until tender and serve alongside the fish, mash and tartar sauce.

**513 CALS PER SERVING**  
**20g FAT 2g SAT FAT**  
**37g CARBS**

You can save even more pennies with this family favourite by using defrosted frozen salmon, cod or haddock



# TASTY TURKEY & HERB SKEWERS

**SERVES 4 READY IN 20 MINS**

500g *diced turkey breast*  
200g *jar jerk marinade*  
400g *tin chickpeas, drained*  
*Pinch ground cumin and coriander*  
200g *cherry tomatoes, chopped*  
4 *spring onions, thinly sliced*  
*Large handful parsley and mint, chopped*  
*Tzatziki, to serve*

**1** Heat the grill to medium-high. Mix the turkey with the jerk marinade and thread onto skewers. Put on a foil-lined grill tray and grill for 8-10 mins, turning halfway through and brushing with the glaze.

**2** Meanwhile, tip the chickpeas and spices into a food processor and whizz for a few

secs until it looks like couscous.

**3** With a fork, stir through the tomatoes, spring onions and herbs, then pile onto a plate and top with the skewers. Serve drizzled with the cooking juices and tzatziki.

**284 CALS PER SERVING**

**3g FAT 0.6g SAT FAT**

**26g CARBS**

**£1.77**  
per serving







£1.19  
per serving

## FENNEL & TOMATO PASTA WITH MEATBALLS

**SERVES 4 READY IN 45 MINS**

3tbsp olive oil  
2 garlic cloves, crushed  
1 fennel bulb, thinly sliced  
12 beef meatballs  
400g tin chopped tomatoes  
200g cherry tomatoes  
350g tagliatelle pasta  
4tbsp Parmesan (optional)

**1** Heat 1tbsp oil in a deep frying pan and gently cook the garlic and fennel until softened, making sure not to colour. Remove and set aside.

**2** Heat another 1tbsp oil and brown the meatballs for 2 mins on each side. Pour over the chopped and fresh tomatoes, and return the garlic and fennel to the

pan. Bring to a simmer, cover and reduce the heat, then continue cooking for a further 30 mins.

**3** Meanwhile, cook the pasta in boiling salted water, then drain and toss in the remaining oil. Once the sauce is cooked through, tip the pasta into the pan and stir to coat well. Serve with grated Parmesan.

**797 CALS PER SERVING**  
**38g FAT 16g SAT FAT**  
**70g CARBS**

For an extra fiery kick, try this dish with pork meatballs and a sprinkling of chilli flakes



£1.91  
per serving

## MEDITERRANEAN FISH SUPPER

**SERVES 4 READY IN 30 MINS**

4x200g cod or haddock fillets  
2tbsp olive oil  
4tbsp lemon and pepper breadcrumbs  
1 onion, finely sliced  
1x400g tinned tomatoes with garlic and basil  
100g jar black olives, drained  
400g shop-bought mashed potato

**1** Heat the oven to 180C, gas 4. Lay the fish on a lined baking tray and brush with half the olive oil. Sprinkle over the lemon and pepper breadcrumbs, and bake for 10 mins until

just cooked through and lightly golden.

**2** Meanwhile, heat the remaining olive oil and gently cook the onion for 3 mins. Add the tinned tomatoes and olives, and bring to the boil, then simmer gently for 10 mins, until thickened.

**3** Meanwhile, heat the mashed potato following the pack instructions. Divide it between 4 plates with the roasted fish, then top with the tomato sauce.

**409 CALS PER SERVING**  
**13g FAT 4g SAT FAT**  
**32g CARBS**

**\* For MORE RECIPES**



Whip up a cheap family feast at [goodtoknow.co.uk/mealsunder£1ahead](http://goodtoknow.co.uk/mealsunder£1ahead)



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# #NADIYABAKES



The classic Simnel cake, but with a tasty twist – just make sure you save room for that second slice



## RED BERRY SIMNEL CAKE SERVES 12-16 READY IN 2 HRS 30 MINS + COOLING

### For the marzipan

200g ground almonds  
2-4x10g tubes freeze-dried berries  
140g icing sugar, plus extra to dust  
140g caster sugar  
1tsp almond extract  
1-2tsp lemon juice  
1 small egg + 1 small yolk, beaten

### For the cake

170g self-raising flour, sifted  
1tsp baking powder  
1tsp cinnamon  
½tsp nutmeg  
1tsp ground ginger  
50g ground almonds  
220g unsalted butter, softened  
220g light muscovado sugar

2 lemons, zest only  
4 medium eggs, lightly beaten  
200g dried cranberries  
70g blueberries  
150g glacé cherries, halved  
50g candied lemon peel  
**To finish**  
2tbsp honey  
1 medium egg yolk, beaten

**1** Pulse the marzipan ingredients in a food processor until combined, then knead briefly on a surface dusted with icing sugar. Roll a third into a 20cm disc, cover the rest with clingfilm and leave in a cool place.

**2** Heat the oven to 140C, gas 3. Sift the flour, baking powder and spices into a bowl; add the ground almonds. In another bowl, cream the butter, sugar and zest until light and fluffy; gradually beat in the eggs. Add all the fruit and lemon peel. Fold in the flour.

**3** Spread half the batter in a greased and double lined cake tin, top with the marzipan disc, then the rest of the batter. Bake for 1¾-2 hrs or until a skewer comes out clean. Cool in the tin for 15 mins and then turn out onto a wire rack to finish cooling.

**4** Roll half the reserved marzipan into a 20cm disc, crimp the edges and criss-cross the top with a knife. Brush honey on the cake and set the marzipan on top. Roll the rest into 11 balls. Brush the marzipan with egg yolk and stick the balls around the edge. Grill to lightly toast the top.

**589-442 CALS PER SERVING**  
**30-23g FAT**  
**11-9g SAT FAT**  
**67-50g CARBS**

### What Nadiya DID NEXT...



Follow what the baking guru's been up to in her exclusive blog at [goodtoknow.co.uk/NadiyaBakes](http://goodtoknow.co.uk/NadiyaBakes)



# *New takes on* CLASSIC BAKES

Switch up your usual Easter treats and work some culinary magic  
with our simply irresistible teatime recipes



Fresh  
'n  
zingy



## LUSCIOUS LEMON DRIZZLE CAKE

**SERVES 8**

**READY IN 45 MINS + COOLING**

150g butter, softened  
200g caster sugar  
4 medium eggs  
142ml pot soured cream  
275g self-raising flour  
Zest 2 large lemons  
3tbsp Limoncello

### For the filling

300g Philadelphia full-fat cream cheese  
150g lemon curd

### For the topping

Zest 1 large lemon, plus 2tbsp juice  
125g icing sugar, sifted  
25g candied lemon peel

**1** Heat the oven to 180C, gas 4. Grease and line 2x20cm sandwich tins with baking paper.

**2** In a large bowl, whisk together the butter and sugar until pale and fluffy. Gradually whisk in the eggs, one at a time, until smooth, then fold in the soured cream, flour and lemon zest. Spoon the batter into the prepared tins and smooth the surface.

**3** Bake for 20-25 mins until the sponge is springy to the touch. Leave the cakes to cool in the tins before turning out onto a wire rack. Drizzle the underside of each cake with Limoncello.

**4** Meanwhile, to make the filling, whisk together the cream cheese and lemon curd until smooth. Put one cake on a serving plate, spread with the filling, then top with the second sponge.

**5** For the topping, mix together the lemon zest, juice and icing sugar, and drizzle over the cake. Decorate with candied lemon peel and serve.

**668 CALS PER SERVING**

**32g FAT 19g SAT FAT**

**82g CARBS**



## COCONUT LAMINGTONS

**MAKES 16 READY IN 50 MINS**

3 medium eggs  
125g caster sugar  
1tsp vanilla extract  
125g self-raising flour  
150g Nutella  
200g desiccated coconut

### For the frosting

100g dark chocolate, chopped  
15g butter  
250g icing sugar  
6tbsp milk

**1** Heat the oven to 180C, gas 4. Grease and line a 20cm loose-based square cake tin. In a large bowl, whisk the eggs, caster sugar and vanilla extract until pale

and thick, and leaving a ribbon-like trail when you lift the whisk.

**2** Fold through the flour and pour into the cake tin. Bake for 20-25 mins until springy to the touch. Leave to cool for a few mins, then turn out onto a wire rack to cool completely.

**3** To make the frosting, melt the chocolate, butter, icing sugar and milk in a bowl set over a pan of simmering water.

**4** Cut the cooled cake in half horizontally. Spread one half with Nutella and sandwich together. Cut into 16 squares and dip each one into the melted chocolate frosting, then the coconut and leave to set.

**313 CALS PER SERVING 15g FAT**

**10g SAT FAT 39g CARBS**



## ALMONDY APPLE & BLACKBERRY PIE

**SERVES 6 READY IN 1 HR**

4 Cox's apples, peeled, cored and sliced  
1 medium Bramley apple, peeled, cored and sliced  
250g blackberries, defrosted if frozen  
2tbsp light muscovado sugar  
150g marzipan, cut into 1cm cubes  
300g shortcrust pastry  
1 egg, beaten, to glaze  
1tbsp flaked almonds

**1** Heat the oven to 200C, gas 6. Put the apples and berries in a pie dish, sprinkle with the sugar and bake for 15 mins. Remove from the oven, scatter with marzipan and leave to cool slightly.

**2** Roll out the pastry on a lightly floured work surface to the thickness of a £1 coin. Lay it over the filling, trim off any overhanging pastry and crimp the edges. Use the off-cuts to make leaves to decorate the pie.

**3** Brush the pie top with beaten egg. Add the pastry leaves and brush again with egg, then sprinkle with flaked almonds. Cut a couple of air vents in the pastry and bake for 30-35 mins, or until the pastry is deep golden and crisp.

**264 CALS PER SERVING**  
**23g FAT 7g SAT FAT**  
**57g CARBS**



*Classic with a twist*



*Fruity & nutty*

## ORANGE & PASSION FRUIT MERINGUE PIE

**SERVES 8 READY IN 1 HR**

1x22cm ready-made shortcrust pastry case  
250g orange curd  
Juice and seeds from 4 passion fruit  
3 medium egg yolks, separated, plus 1 egg white  
5tbsp double cream  
90g caster sugar  
2tsp cornflour

pastry case and bake for 30-35 mins until a skin has formed on the surface.

**3** In a clean bowl, whisk the egg white into soft peaks, using an electric mixer. Whisk in the caster sugar, a tablespoon at a time, until stiff and glossy. Whisk in the cornflour, then carefully spoon the meringue onto the filling. Bake for a further 15 mins until golden. Cool for 5 mins, then serve.

**1** Heat the oven to 180C, gas 4 and put the pastry case on a baking tray.

**2** In a large bowl, whisk together the orange curd, passion fruit juice and seeds, egg yolks and cream, pour into the

**377 CALS PER SERVING**  
**18g FAT 7g SAT FAT**  
**48g CARBS**



## AMARETTO TIRAMISU ROULADE

**SERVES 10 READY IN 1 HR**

3 medium eggs  
100g caster sugar  
2tbsp coffee powder dissolved in  
1tbsp boiling water  
60g self-raising flour  
50g ground almonds  
1tbsp cocoa powder, to dust  
40g whole blanched almonds  
1tbsp caster sugar  
Pinch sea salt  
250g mascarpone  
3tbsp amaretto  
3tbsp icing sugar  
300ml double cream  
3tbsp drinking chocolate  
30g dark chocolate, grated

**1** Heat the oven to 180C, gas 4. Line a 20x30cm Swiss roll tin with baking paper. In a large bowl, whisk the eggs and sugar for 3 mins until thick, doubled in volume and the mixture leaves a ribbon-like trail on the surface. Fold in the coffee mixture, flour and ground almonds. Pour into the tin and bake for 12-15 mins.

**2** Cool the sponge for a few mins, then turn out onto a larger sheet of baking paper, dusted with cocoa powder. Carefully peel off the baking paper, roll up and leave to cool.

**3** Meanwhile, lightly toast the almonds in a non-stick frying pan for 3-4 mins, add the sugar and salt, and cook for a further 2 mins until the sugar has melted and the nuts are glazed. Tip onto baking paper in a single layer and leave to cool, before breaking into single nuts.

**4** Mix together the mascarpone, amaretto and icing sugar until smooth. Then, in a separate bowl, lightly whip the cream with the drinking chocolate until soft peaks form. Unroll the roulade, spread over the mascarpone followed by the cream and most of the grated chocolate, and roll up. Transfer to a serving platter, top with the nuts and any remaining chocolate.

**434 CALS PER SERVING 32g FAT  
19g SAT FAT 28g CARBS**

Posh  
Swiss  
roll

Make this one kid-friendly simply by swapping the coffee with drinking chocolate and the amaretto with 1tsp vanilla extract – easy!



**x For more RECIPES**



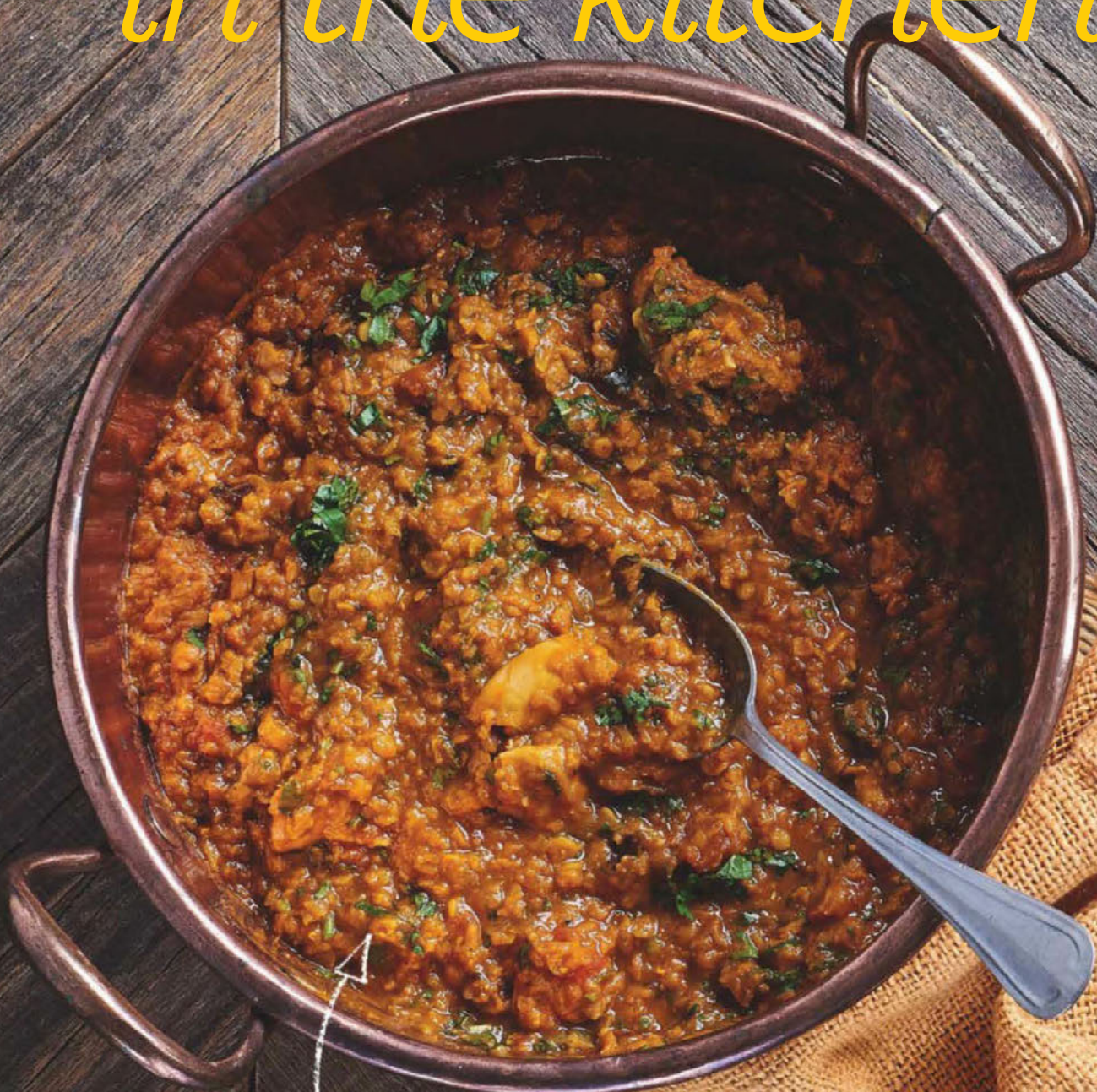
Roll your sponge just like a pro  
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# SATURDAY

## *in the kitchen*



DAHL CHICKEN





James Martin's delicious...  
and his curry recipe is  
pretty tasty, too!  
TURN THE PAGE  
and get cooking...

CHILLI  
PANEER

NAAN  
BREAD



## DAHL CHICKEN, CHILLI PANEER & NAAN

**SERVES 4**

### For the naan

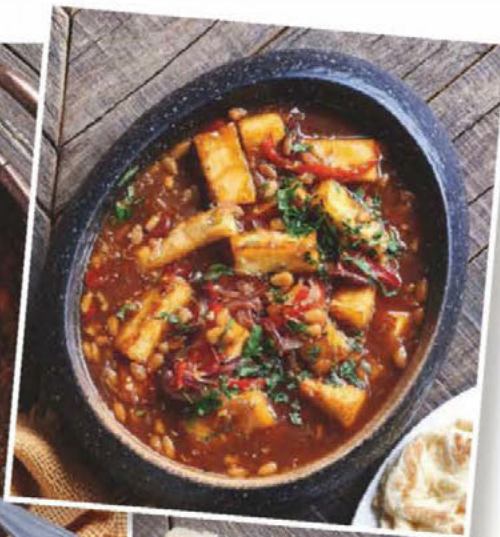
450g plain flour  
2 teaspoons fast-action dried yeast  
1 teaspoon baking powder  
1 egg  
1 teaspoon caster sugar  
A pinch of sea salt  
150ml natural yogurt  
150ml milk

### For the dahl chicken

250g red lentils  
4 tablespoons vegetable oil  
2 dried red chillies, torn, seeds removed  
2 long green chillies, finely chopped  
2 onions, finely chopped  
1 tablespoon chopped curry leaves  
5cm piece of ginger, peeled, finely chopped  
6 garlic cloves, finely chopped  
1 teaspoon hot red chilli powder  
1 teaspoon ground cumin  
2 teaspoons ground coriander  
1 teaspoon turmeric  
300ml chicken stock  
1 teaspoon sea salt  
40g unsalted butter  
6 boneless, skinless chicken thighs, chopped into chunks  
200g tinned chopped tomatoes  
1 tablespoon tamarind paste  
1 tablespoon dark brown soft sugar  
1 small bunch of coriander, chopped  
2 tablespoons chopped mint leaves

### For the chilli paneer

450g paneer  
Vegetable oil, for shallow-frying  
50g pine nuts  
4 long green finger chillies, finely sliced  
5cm piece of ginger, peeled, finely chopped  
8 garlic cloves, finely chopped  
1 red onion, finely sliced  
1 green pepper, finely sliced  
1 long red pepper, finely sliced  
50ml white wine vinegar  
75ml light soy sauce  
250ml chicken stock  
3 spring onions, finely sliced  
1 tablespoon cornflour  
2 tablespoons chopped coriander



**1** Start with the naan. Put the flour in a food mixer, fitted with a dough hook, or a large bowl, along with the yeast and baking powder, and add the egg, sugar and salt. Mix together, then add the yogurt and milk, and mix to a soft dough. Set aside to rise for 1 hr, then knead briefly until smooth and divide into six equal balls. Cover and set aside to rise in a warm place for another hour.

**2** Soak the lentils in 500ml water for 20 mins. Heat a large sauté pan and add half the oil and the dried chillies, fry for 1 min, then add the green chillies and onions, and sauté until lightly coloured. Add the curry leaves, ginger and garlic, and continue to fry.

**3** Next, mix the chilli powder, ground cumin, coriander and turmeric together in a bowl with 150ml of the chicken stock to form a paste. Add to the pan and cook for 3 mins. Add the lentils, plus soaking water, and bring to the boil. Add the salt, cover with a lid and simmer for 5 mins. Add the butter, cover and simmer.

**4** Heat a separate sauté pan until hot, add the rest of the oil and the chicken, and sauté for 3–4 mins until coloured and nearly cooked. Add the lentils to the chicken, plus the tinned tomatoes and the rest of the chicken stock. Cook for another 15–20 mins. Stir in the tamarind, brown sugar, coriander and mint, and check the seasoning. Leave to simmer gently on a very low heat.

**5** Next, cut the paneer into 1x3cm strips. Heat a wok, then add enough oil to cover the base by 2.5cm. Heat until shimmering, then fry the paneer in batches until golden brown. Drain into a sieve set over a bowl.

**6** Discard the majority of the oil, leaving enough to just coat the bottom of the wok. Add the pine nuts, chillies, ginger and garlic, and stir-fry for 2 mins. Add the red onion and both peppers, and stir-fry for

2 mins. Next, add the vinegar, soy sauce and chicken stock, and bring to a simmer.

**7** Add the spring onions and simmer for 1 min. Mix the cornflour with 3 tablespoons of cold water to make a paste, then whisk into the peppers and onion, and cook until just thickened. Stir in the paneer and leave to simmer on a very low heat.

**8** Finish the chilli paneer by adding the chopped coriander, and serve with the dahl chicken and naan.

‘My mum taught me the art of great food – as a kid I used to watch her in the kitchen,’ says James

**There are 100 new recipes from his TV series in *More Home Comforts* by James Martin (£20, Quadrille, photography by Peter Cassidy)**





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# *Let's get* **CRACKING!**

Delicious sweet and savoury treats the whole family  
will enjoy making – and eating of course!



## MINI EGGS NEST CAKE

**SERVES 14 READY IN 45 MINS**

175g butter, softened  
175g caster sugar  
2 large eggs  
1tsp vanilla extract  
175g self-raising flour  
50g cocoa  
1-2tbsp milk

### For the buttercream

150g butter, softened  
225g icing sugar  
50g cocoa  
1tsp vanilla extract  
2tbsp milk

### For the nest

150g dark chocolate, chopped  
1tbsp golden syrup  
75g pretzel sticks  
1x90g bag Cadbury's Mini Eggs  
Small plastic birds, to decorate

smooth and creamy; set aside.

**4** To make the nest, melt the chocolate and golden syrup in a bowl in the microwave. Stir through the pretzel sticks and pour onto a baking tray lined with clingfilm to shape into a nest, and leave to set.

**5** Once cooled, cut a 6cm round out of one of the cakes and remove the centre. Spread the other cake with a third of the buttercream and top with the other sponge. Cover the cake with the remaining buttercream and top with the nest. Fill with mini eggs and decorate with little birds to serve.

**487 CALS PER SERVING 27g FAT 16g SAT FAT 54g CARBS**

**1** Heat the oven to 190C, gas 5. Grease and line 2x20cm sandwich tins.

**2** Tip the butter, sugar, eggs, vanilla, flour, cocoa and milk into a food processor, and whizz until smooth and light. Spoon into the tins and bake for 25 mins until a skewer comes out clean.

**3** Meanwhile, to make the icing, beat the butter, icing sugar, cocoa, vanilla and milk until



## CARROT & OAT BREAKFAST MUFFINS

**MAKES 6 READY IN 45 MINS**

50g wholemeal flour  
150g plain flour  
50g oats, extra for garnish  
75g golden caster sugar  
Pinch bicarbonate of soda  
1tsp baking powder  
½tsp ground cinnamon  
3 carrots, grated  
2 large eggs

75ml milk  
75g The Collective plain, unsweetened yogurt  
50g butter, diced

**1** Heat the oven to 200C, gas 6. Line a 6-hole muffin tin with tulip cases (from amazon.co.uk).

**2** In a bowl, mix the flours, oats, sugar, bicarb, baking powder, cinnamon and a pinch of salt.

**3** In a jug, mix the carrot, eggs, milk and yogurt. Add to the dry mixture with the butter and stir well. Spoon into the muffin cases, sprinkle over extra oats and bake for 30-35 mins until springy to the touch.

**335 CALS PER SERVING 11g FAT 6g SAT FAT 47g CARBS**





## BUILD-YOUR-OWN LUNCH TART

**MAKES 8 READY IN 20 MINS**

320g ready-rolled puff pastry

1 egg, beaten

8tbsp pizza sauce

**Topping ideas**

100g grated mozzarella

4tbsp sweetcorn

2 pineapple rings, chopped

½ red pepper, sliced

3 slices ham, torn

Small handful basil, to serve

**1** Heat the oven to 220C, gas 7. Unroll the pastry and stamp out any shapes you like. With a knife, gently score a 1cm border around the edge of each shape.

**2** Brush the edges of the pastry with a little egg and bake for 10 mins, until lightly golden and puffed.

**3** Spread a little pizza sauce over the centre of each and top with any combination of your favourite toppings, plus extra cheese.

**4** Bake for 12-15 mins until golden and bubbling. Top with basil and eat straight away or save them for packed lunches and speedy snacks.

**226 CALS PER SERVING**

**14g FAT 7g SAT FAT 16g CARBS**



## EASTER CHICK MINI CUPCAKES

**MAKES 24-28 READY IN 45 MINS**

100g butter, softened

100g golden caster sugar

1 large egg

1tsp vanilla extract

100g self-raising flour

**For the decoration**

100g butter, softened

200g golden icing sugar

½tsp vanilla extract

A few drops yellow and orange food colouring

Fruity Confetti (£1.25 Waitrose), for the eyes and beak

Mini sugar stars, for the feet

smooth. Stir through the vanilla and food colouring, a little at a time, to get the right shade of golden yellow. Leave to cool.

**3** Using a piping bag, pipe the icing onto each of the cooled cupcakes to create the chick's body, then head. Decorate with fruity confetti and sugar stars for the eyes, beak and feet.

**131-112 CALS PER SERVING**

**7-6g FAT 4.5-4g SAT FAT 16-13g CARBS**

**1** Heat oven to 180, gas 4. Cream together the butter and sugar until light and fluffy. Gradually add the egg and vanilla, then fold through the flour. Spoon the mix into mini cupcake cases and bake for 15-18 mins.

**2** To make the icing, beat together the butter and icing sugar until soft and



Feature & food styling Sophie Austen-Smith  
Photography Charlie Richards Prop styling Victoria Eldridge Props  
dotcomgifs-shop.com; talkingtables.co.uk; shopmermeri.co.uk



# HIDDEN EASTER BUNNY LOAF

**SERVES 10 READY IN 2 HRS 30 MINS**

## For the chocolate loaf

125g butter, softened  
125g golden caster sugar  
2 large eggs  
1tsp vanilla extract  
100g self-raising flour  
40g cocoa  
1-2tbsp milk

## For the vanilla loaf

175g butter, softened  
175g golden caster sugar  
3 large eggs  
2tsp vanilla extract  
125g self-raising flour  
1-2tbsp milk

## For the decoration

3tbsp icing sugar

**1** Heat the oven to 180C, gas 4. Grease and line a 2lb loaf tin with baking paper.

**2** Cream together the butter and sugar until light. Add the eggs and vanilla, then fold through the flour and cocoa. Loosen with milk if needed.

**3** Spoon into the tin and bake for 45-50 mins until the sponge is springy to the touch. Allow to cool on a wire

rack. Once cooled, slice the cake into 6 and stamp out a rabbit shape from each.

**4** Grease and line the tin and make the batter for the vanilla loaf in the same way.

**5** Spread a third of the batter onto the base and sides of the cake tin. Line the chocolate rabbits along the base of the tin and spread over the vanilla mixture, making sure to get it all around the rabbits.

**6** Bake for a further 45-50 mins, until a skewer comes out



clean. Transfer to a wire rack and leave the cake to cool completely. Dust the top with icing sugar and serve.

**506 CALS PER SERVING 29g FAT 17g SAT FAT 52g CARBS**

**IF TIME'S SHORT,  
JUST USE A  
SHOP-BOUGHT  
CHOCOLATE CAKE  
FOR THE BUNNIES**



## × Watch & LEARN



Follow our easy how-to  
video at [goodtoknow.co.uk/bunnycake](http://goodtoknow.co.uk/bunnycake)



192  
cals per  
serving





# DELICIOUS & under 200 cals!

Here are your ultimate Fast Day dishes – whip up two portions and freeze one for when you just can't face cooking

## VIETNAMESE PRAWN CURRY

**MAKES 2 PORTIONS**  
**READY IN 15 MINS**

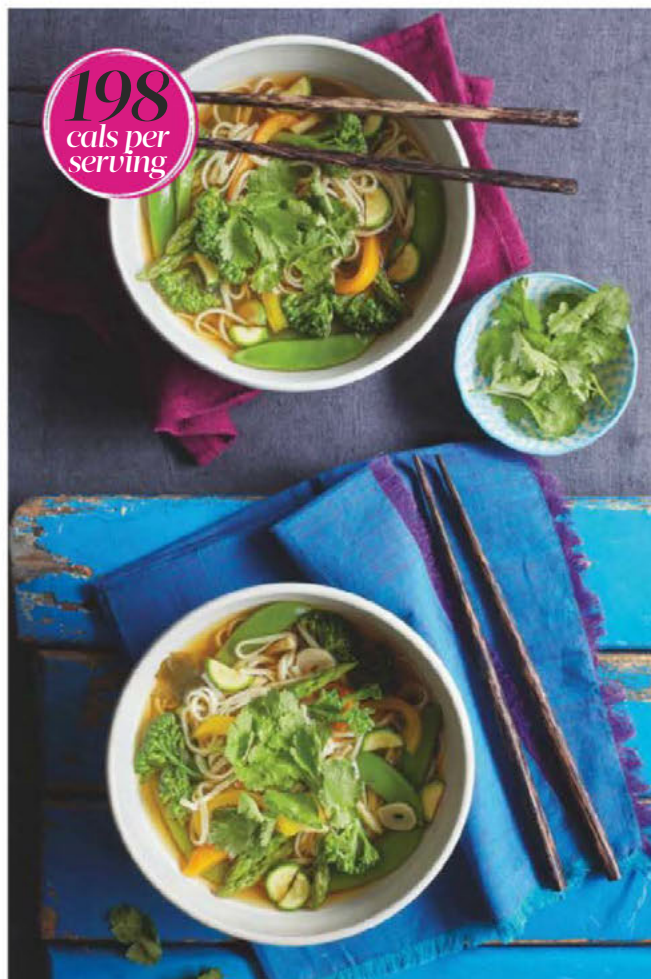
Frylight sunflower oil spray  
1 onion, thinly sliced  
2 lemongrass sticks, trimmed and chopped  
1-2 green chillies, deseeded and sliced  
1-2tbsp curry powder  
200ml semi-skimmed milk  
1tsp sugar  
1tbsp fish sauce  
1tsp chicken stock  
200g raw prawns  
150g pak choi

**1** Spray a little oil into a pan and gently cook the onion, lemongrass, chilli and curry powder for about 5 mins, until softened and fragrant.

**2** Add the milk, sugar, fish sauce, stock and prawns, then bring to a simmer. Cook for 3-4 mins until the prawns are just turning pink, then add the pak choi for 1-2 mins. Serve straight away with extra chillies.

**4g FAT 1.5g SAT FAT**  
**14g CARBS**

Don't mind adding a few more cals? Try this curry with 150g skinless cod fillet if you don't fancy prawns, or with vegetable stock instead of chicken – and you've only used 171 calories



Perfect  
for the  
5:2 diet

## GREEN MISO NOODLE BOWL

**MAKES 2 PORTIONS**  
**READY IN 10 MINS**

2 miso paste sachets, we used Itsu (£2, Tesco)  
3cm piece fresh ginger, chopped  
2 garlic cloves, peeled and sliced  
45g soba noodles  
50g sugar snap peas  
8 asparagus stems, sliced  
1 courgette, spiralised into noodles  
100g Tenderstem broccoli  
1 yellow pepper, sliced  
1 orange pepper, sliced  
1tbsp soya sauce  
Large handful coriander leaves

**1** Pour 600ml boiling water into a pan, add the miso, ginger and garlic, then allow to gently simmer for 3-4 mins.

**2** Add the soba noodles and vegetables to the pan, and cook for a further 3-4 mins, until just tender. Stir through the soy sauce and ladle into warm bowls. Top with coriander leaves to serve.

**2g FAT 0.3g SAT FAT**  
**32g CARBS**





## ROASTED CAULIFLOWER WITH SPICED TOMATO SAUCE

**MAKES 2 PORTIONS**  
**READY IN 30 MINS**

200g new potatoes, diced  
150g cauliflower florets  
1tsp ground turmeric  
½tsp chilli flakes  
1tsp sunflower oil  
3tbsp mixed spices (we used fennel, cumin, coriander, caraway and mustard seeds)  
200g cherry tomatoes, halved  
75g frozen petits pois  
Large handful spinach or watercress  
Small handful coriander

**1** Heat the oven to 180C, gas 4. Boil the potatoes for 5-6 mins, until tender. Drain and reserve 5tbsp of the cooking water. Set the potatoes aside.

**2** Toss the cauliflower florets in the turmeric, chilli flakes and sunflower oil. Scatter the florets over a baking tray and roast for 12-15 mins.

**3** Meanwhile, add the spices to a large pan and fry for 2 mins, until fragrant. Tip in the cherry tomatoes, cooked potato and reserved cooking water, then bring to a simmer and gently cook for 10 mins.

**4** Add the roasted cauliflower and petits pois to the pan for the final 3 mins of cooking. Stir through the spinach or watercress and the coriander to serve.

**3g FAT 0.7g SAT FAT**  
**26g CARBS**

### x More GREAT IDEAS



For more meals under 200 cals, visit us at [goodtoknow.co.uk/mealsunder200](http://goodtoknow.co.uk/mealsunder200)

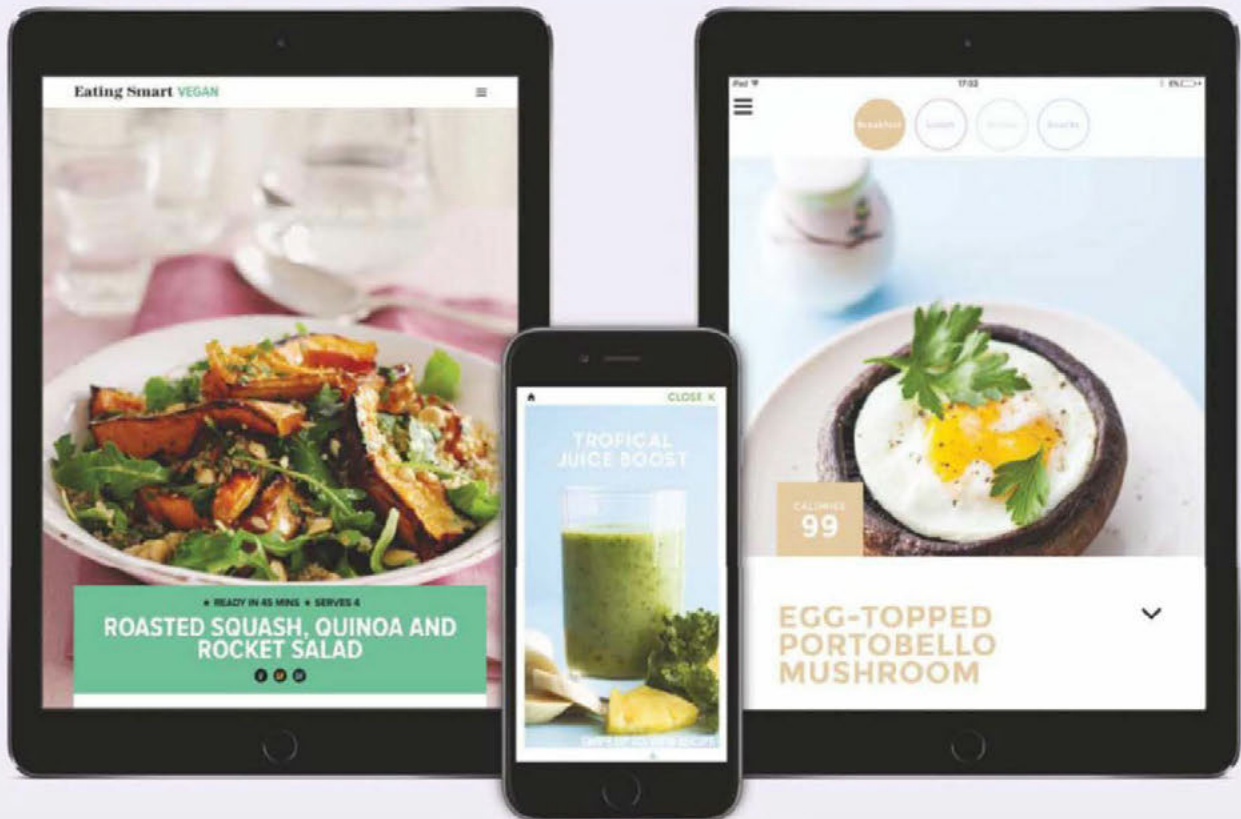
Make this the ultimate veggie dish by adding 100g sliced aubergine and 100g courgette, and twice the amount of cauliflower florets – and it's still only 196 calories



# *The Ultimate* **Clean Eating Bundle**

**3 Apps  
for  
£3.99**

**3 Apps for price of 2!**



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3 Apps

£3.99

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# How to make... THE BEST CARBONARA

Master this classic go-to comfort food with our easy recipe

## TOP CHEFFY TIPS



**\* Switch your pasta** Try it with gluten-free pasta or healthier wholemeal pasta. Spaghetti is classic, but pappardelle and tagliatelle are good, too.

**\* Tools of the trade** We use our kitchen tongs (£9.98, lakeland.co.uk) endlessly – they're perfect for mixing and serving pasta, especially spaghetti.

**\* Flavour combos** Swap in your favourite cheese and herbs, we love goats' cheese and sage or mature Cheddar and chives.

## \* Watch & LEARN



See exactly how it's done on our step-by-step video at [goodtoknow.co.uk/carbonara](http://goodtoknow.co.uk/carbonara)

## PERFECT PASTA

**SERVES 2 READY IN 15 MINS**

175g spaghetti  
1tsp olive oil  
65g pancetta, finely diced  
1 garlic clove, crushed  
1 egg, 2 egg yolks  
25g Parmesan, finely grated, plus extra to serve  
1tbsp flat-leaf parsley, finely chopped (optional)

**1** Cook the spaghetti according to the pack instructions.

**2** Heat the oil in a large pan, add the pancetta and cook for 5 mins, or until golden and crisp. Add the garlic and cook for 1 min. Take off the heat.

**3** Drain the pasta, reserving a little cooking water. Beat the egg and egg yolks with most of the Parmesan; season.

Add the pasta to the pancetta and pour over the egg and Parmesan, stirring continuously. The pasta should gently cook the eggs. If the dish seems dry, add a little cooking water.

**4** Top with parsley (if you like) and extra Parmesan.

**600 CALS PER SERVING**

**25g FAT 9g SAT FAT**

**64g CARBS**



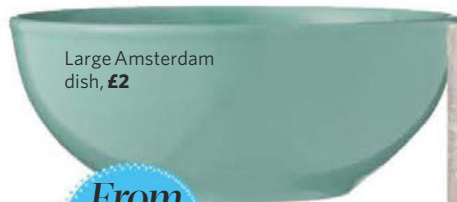
# SWAP AND

Expand your homeware horizons and avoid getting stuck in a style rut with these new and affordable brands

## LIKE NEXT?

### TRY HEMA

High street favourite Next has an army of loyal fans, but if you fancy a similar style with a twist go to [hemashop.com](http://hemashop.com). Yep, this Amsterdam-based store is now international!



Large Amsterdam dish, £2



Rustic candle, £5

From just £2

Photo rack, £10



Cushion cover, £7



Throw, £15



Metal basket, £6

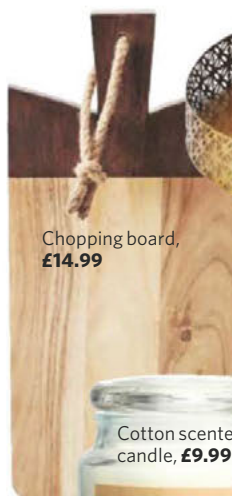


Cushions, from £8, throw, £15, candle £5, candlestick, £4 for two, wooden boxes, £15 for two, all Matalan

## LIKE MATALAN?

### TRY H&M HOME

Matalan, you'll always have a place in our heart, but it's time to budge up and make room. We all know H&M for brilliant clothes, now check out its great homeware! Shop at [hm.com](http://hm.com)



Chopping board, £14.99



Gold tray, £14.99

All under £15



Cotton scented candle, £9.99



Cushion, £3.99



Cactus pot, £12.99



# SHOP

LIKE IKEA?

TRY TIGER

Forget the Market Hall (don't worry, it's not for ever) and dip a toe in Danish export Tiger. Crammed with knick-knacks you never knew you needed, but have to have. Find yours at [tigerstores.co.uk](http://tigerstores.co.uk)

Drinks dispenser, £10

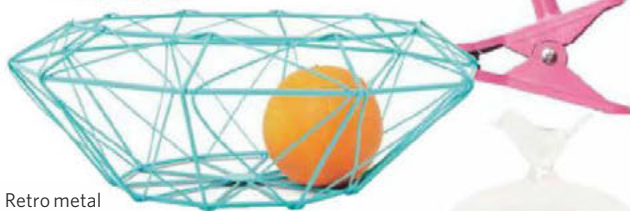
From just £3

Tray set, £5



Smartphone holder, £3

Diamond wire basket, £3



Retro metal copper lamp, £15

Table clock, £4

Decoration stand with bird, £3



Nottingham copper-finish floor lamp, £195, Daborn armchair, £650, Forst rug, £95, Colton cabinet, £795, vases, from £15 each, all Habitat

LIKE HABITAT?

TRY WAYFAIR

We'll always have a Habitat-habit, but this newly discovered online store is an interior culture's heaven! Products are homely and stylish, and there are frequent discounts. Go to [wayfair.co.uk](http://wayfair.co.uk)



Traditional multi photo frame, £26.99

Penny farthing cotton cushion cover, £19.99

Grey Area rug, from £9.99



All under £50

Side table by Andover Mills, £47.99

Pendant light, £30.99



Feature Eleanor Jones



# Have you gone noseblind?

What you smell

What your  
guests smell



## NEW SCENTS

Continuously eliminates odours  
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Winner Air Freshener Category.  
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\*each refill lasts up to 90 days if used for 12 hours per day at minimum setting.

Breathe Happy



# How to... NAIL A PICTURE WALL

So many photos, so little inspiration  
– follow our top tips to create your  
own medley of memories

**N**ow we're such a snap-happy nation, hanging our precious pics has become even more important. While a stylish display like this one may look like you, 'just hung them, right?', the haphazard format is actually carefully mapped out. Here's how to do it yourself...

- \* **TIP 1** Make sure you choose the right wall – with all this effort you're putting in, you want people to be able to take a step back and appreciate your work.
- \* **TIP 2** Mix and match your frames. Go for colours in a similar tone, but use different sizes and textures – our oversized gilt number, right, makes a great centrepiece.
- \* **TIP 3** Roll out brown wrapping paper on the floor and arrange your frames on it. Start with the biggest, then space the rest 3 to 5cms apart, swapping them around until you get a layout you're happy with.
- \* **TIP 4** Trace round each frame, then cut out the paper and stick it on the wall. Stand back and double-check you're happy with the positioning.
- \* **TIP 5** Go ahead and install the hangers over the paper, removing each cut-out as you replace with the actual frame.

## Style tip

Use bigger, oversized frames to create a focal point, making it easy to build and layer a display around it

## Fabulous frames

Be inspired by these gorgeous buys to put your best pics on show



Beach huts frame, £29.95, Dotcomgiftshop



White frame, £7.99, New Look



Multi Geo frame, £59, Oliver Bonas



# What caught your eye first, the kitchen or the price?



Made in the UK



All these Shaker Ermine True  
White kitchen units for just\*

**£2,339**

## Affordable luxury.

55 SHOWROOMS NATIONWIDE  
**search for "Wren Kitchens"**

\* Priced kitchen is for units only and does not include the price of any handles, worktops, appliances, sink, tap, props, accessories or small worktop appliances. Must be purchased in the exact configuration as offered by Wren. No substitutions or alterations can be made. One per customer.

**wren**  
KITCHENS





Milano pendant, **£29.99**, Espresso maker, **£14.99**, Scandi table and chairs, **£229**, Linx rug, from **£35**, all [very.co.uk](http://very.co.uk)



Brenne pendant, **£80**, BHS

Orla Kiely Big Spot Flower Stem medium plant pot, **£22.95**, Annabel James



Embroidered geometric cushion, **£40**, House of Fraser



JONATHAN SAUNDERS

# Seventies CHIC

Throw back to psychedelic shapes and bright colours with these retro buys



Mati stripe printed rug, **£32**, Oliver Bonas

Orbit side table, **£123**, Red Candy



Conran turquoise wall art, **£85**, Marks & Spencer



Acctim Lorene traditional wall clock, **£14**, B&Q



Tova footed bowl, **£15**, Habitat



Wild & Wolf turn phone red, **£34**, Berry Red



Pudding sofa, **£1,195**, Loaf



Parris Wakefield cushions, from **£60**, Vitra Geometric cushion in black/white, **£160.80**, Jonathan Adler Pop Decanter, from **£165**, Undercover recycled leather tray in white/cool grey, **£50**, LSA International Bar carafe and tumbler, **£26**, all [amara.com](http://amara.com)



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For making home feel like home.  
For being there when you feel down.  
For every stroke and every hug.  
For all the love they give.  
For Battersea.  
Forever.

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Send or call for your free information pack about  
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**battersea.org.uk/forever** Registered charity No.  
206394 AC13







HI THERE!

**CRAFT QUEEN  
GEMMA CHANDLER  
REVEALS THE BEST  
MAKES THAT ARE  
DEFINITELY WORTH  
YOUR WHILE**

# MAKE IT easy



GoodtoKnow.co.uk

# 5

**CRAFTING  
CONFESSIONS**

## Style on board

Getting yourself organised is always a bit of a chore, but keeping an entire family in check? Well, that's a mammoth task! Make it a little easier and spend a craft afternoon (geddit?) creating your very own kitchen memo board. This oversized gold gilded frame and chicken wire style, right, is an easy-to-do craft trend that's going nowhere...



... OR make our cloud pinboard craft at [goodtoknow.co.uk/cork-board](http://goodtoknow.co.uk/cork-board)



MAKE YOUR BOARD LOOK THE  
BUSINESS WITH VINTAGE PEGS -  
TRY [AMAZON.CO.UK](http://AMAZON.CO.UK). IT ALSO  
SELLS WIRE MESH UNDER £20

# 82%

OF WOMEN ARE STILL  
USING PINTEREST  
AFTER 4 YEARS, PROOF  
THAT PINNING  
ISN'T A FLASH IN  
THE PAN

1 'I TOLD my friends that cabling was really hard so they'd be impressed by my skill - it's actually a doddle!'

2 'I NEVER use sewing patterns, but it can't be THAT hard, right?'

3 'SSSHH! ...don't tell anyone, but I can only crochet in squares.'

4 'I ONLY BUY magazines... to cut them up and stick them down.'



5 'I'D RATHER go and buy myself some real doughnuts than knit a batch.'

## THIS MONTH...

### Paint your own...

Buy a plain bowl (Wilko sells them for as little as 75p) and a pack of porcelain pens (£9.99 for a pack of five from [bakerross.co.uk](http://bakerross.co.uk)) and enjoy a day creating your own colourful crockery.



Get your kids making their own scribble mug - they'll love it! Just go to [goodtoknow.co.uk/Sharpie-mug](http://goodtoknow.co.uk/Sharpie-mug)



## 3 OF THE BEST...

### Easter makes for £1

Keep your little ones entertained over the holidays with these brilliant buys



Egg stencils, £1, Asda



Make Your Own Felt Bag, £1, Wilko



Easter finger puppets, £1, Poundland



For more kids' crafts, go to [goodtoknow.co.uk/Easter-crafts](http://goodtoknow.co.uk/Easter-crafts)





# Happy EASTER!

School's out so keep your tots 'n' teens busy with these egg-cellent makes – time to get creative...



3-5  
YEAR  
OLDS

## WING IT

LITTLE ONES WILL LOVE MAKING OUR COLOURFUL FUNKY BIRDS

- \* White paper plates
- \* Bright paint
- \* Paintbrush
- \* Scraps of orange and yellow paper
- \* Scissors
- \* Glue
- \* Bright feathers
- \* Chenille stems
- \* Large wiggle eyes

1 Paint the paper plates in bright colours and leave to dry.

2 Fold a scrap of orange or yellow paper in half. Cut a triangular 'beak' with the folded edge on one of the sides. Fold a plate in half and stick the 'beak' to one curved side.

3 Stick feathers on each side of the bird for the wings. Then, cut 4 different coloured chenille stems into small pieces and stick them just inside the top fold of the back of the bird.

4 Stick a wiggle eye on either side of the bird's face with glue.

**WHERE TO BUY** Paper plates, £1 for ten, Ready Mixed Paint, £1 for 300ml, feathers, £1.50 a pack, chenille stems, £2 for 60, painted wiggle eyes, £1 a pack, [hobbycraft.co.uk](http://hobbycraft.co.uk). Vase, [homesense.com](http://homesense.com)

9-13  
YEAR  
OLDS

## CAN YOU DIG IT

OLDER KIDS CAN MAKE THESE EASY SPRING GIFTS FOR FRIENDS AND FAMILY

- \* Jam jars
- \* Yellow, white, green and blue acrylic paint
- \* Paper tags
- \* Marker pens
- \* String

1 Pour a little acrylic paint into a jar and roll it to move the paint around. Add more paint if needed, and continue until the inside of

the jar is covered. Allow to dry for a day or so.

2 Meanwhile, decorate some tags with Easter greetings to tie around the top of each jar with string.

3 When the paint is dry, fill three-quarters of the jars with compost and plant a spring bulb inside.

**WHERE TO BUY** Artiste Acrylic Paint, £1.25, Papermania Tags, from £1.50 a pack, [docrafts.com](http://docrafts.com). The Great Egg Hunt Easter Bunting, £5.50, [talkingtables.co.uk](http://talkingtables.co.uk)



**WHERE TO BUY** DecoArt Crafters Acrylic Paint, £1.50, Uni Posca Marker Pens, from £2.50 each, felt, 50p a sheet, hobbycraft.co.uk



## HOPPY EASTER

**TURN AN OLD CARDBOARD BOX INTO A FUN EASTER PARTY GAME**

- \* Scissors \* Large piece of cardboard \* Pencil \* Acrylic paint \* Black marker pen
- \* Orange and green felt
- \* Pins \* Needle and thread
- \* Dried peas or rice

**1** Carefully freehand draw a bunny head on an A3 piece of paper.

**2** Put the template in the middle of the cardboard and draw around it. Draw a semi-circular mouth and cut out. Paint the bunny head with acrylic paint – we used a lightly tinted pink – and

leave to dry. Apply a second coat. When dry, outline the head with a black marker pen and add inner ears, eyes, a nose and whiskers.

**3** To make the carrot bean bags, cut out some orange felt triangles and green felt leaf shapes. Take 2 orange pieces and pin them together, trapping a leaf at the top. Sew around all the sides, leaving a small opening for the filling. Fill the bean bag with dried peas or rice, then stitch up the opening.

**7-9**  
YEAR  
OLDS





ADULT HELP  
REQUIRED

3-5  
YEAR  
OLDS

## HAPPY BIRDS

### GET CRAFTY WITH PACKAGING

\* Egg boxes \* Scissors \* Acrylic paint \* Paintbrush \* Glue  
\* Scraps of orange and yellow paper \* Small wiggle eyes  
\* Brightly coloured feathers

**1** Cut out the egg sections from the empty egg boxes and place in pairs.

**2** Paint the egg sections with acrylic paint, and leave to dry. Glue each pair together.

**3** Take a scrap piece of orange or yellow paper and fold in half. Cut a triangular 'beak' with the folded edge on one of the sides. Stick the 'beak' to the middle of the bird.

**4** Glue some small wiggle eyes to the bird above the 'beak'. Ask an adult helper to make a small hole at the top of the bird with a skewer, then pop a feather through.



**WHERE TO BUY** DecoArt Crafters Acrylic Paint, £1.50 for 59ml, feathers, £1.50 a pack, wiggle eyes, £1 a pack, [hobbycraft.co.uk](http://hobbycraft.co.uk)



MAKE YOUR BIRD FEEDER  
WEATHERPROOF BY SIMPLY  
ADDING A COAT OF  
ACRYLIC VARNISH

## BIRD HOUSE

ADULT HELP  
REQUIRED

MAKE A HANDY HANGING FEEDER  
FOR YOUR FEATHERED FRIENDS

\* Pencil \* Juice carton \* Craft knife \* Acrylic  
paint \* String \* Lollipop sticks \* Glue \* Craft  
tape \* Scissors \* Bamboo skewer \* Bird seed

- 1 Draw an arch on one side of the carton and ask an adult to cut it out with a craft knife.
- 2 Paint the carton with acrylic paint and leave to dry. Apply a second coat.
- 3 Make a hole on the top ridge of the carton and thread some string through. Glue some lollipop sticks over the top of the carton to create a roof and leave to dry.
- 4 Cut small strips of craft tape and stick around the outside of the carton.
- 5 Pierce the carton below the arch with a bamboo skewer, then push it all the way through to the back, and out the other side.
- 6 Fill the bottom of the carton with some bird seed, and hang your bird house up from a branch with the string.

**WHERE TO BUY** DecoArt Crafters Acrylic Paint, £1.50 for 59ml, Mini Craft Sticks, £2 for 250, hobbycraft.co.uk. MT Neon Washi Masking Tape, £13.75 for five rolls, stonegift.com

ADULT HELP  
REQUIRED

## HOP TO IT

MAKE THESE CUTE BUNNY POTS TO STORE  
ALL YOUR SPRING STATIONERY

5-7  
YEAR  
OLDS

\* Plastic drinks bottles \* Scissors  
\* Pink, grey and white acrylic  
paint \* Paintbrush \* Glue  
\* Black, white and pink marker  
pens

- 1 Carefully cut the bottoms off the empty plastic drinks bottles at different heights. Cut out some ear shapes from the top sections of the bottles and discard the rest.

- 2 Paint the pots and ears with pink, grey and white acrylic paints and leave to dry. Then, glue a pair of the ears to the top of each pot and leave to dry.
- 3 Draw a face on each pot with marker pens, and leave to dry completely before using.

**WHERE TO BUY** DecoArt Crafters Acrylic Paint, £1.50 for 59ml, Uni Posca Marker Pens, from £2.50 each, hobbycraft.co.uk. Decadent Decs Blossom Honeycombs, £6 for three, talkingtables.co.uk

7-9  
YEAR  
OLDS





**WHERE TO BUY** Artiste Acrylic Paint, £1.25, Craft Planet 7mm pom-poms, £2 a pack, light green acrylic felt, 50p a sheet, docrafts.com. 9in wooden embroidery hoop, £3, fillable plastic eggs, £1 for eight, hobbycraft.co.uk. Folklore tumbler, Wild & Wolf at bloomsburystore.com

TURN EVERYDAY ITEMS  
INTO FUN CRAFT  
ACTIVITIES. WHAT ABOUT  
A CEREAL BOX THEATRE  
FOR YOUR PUPPETS?

## EGG 'N' SPOON

PUT ON A SHOW WITH THESE SUPER CUTE EASTER PUPPETS

\* Wooden puppet spoons \* Pink, grey, white and yellow acrylic paint \* Paintbrush \* Pink, grey, yellow and orange felt \* Small wiggle eyes \* Small pom-poms \* Glue \* Black and white pens \* Yellow and white feathers

**1** Paint the wooden spoons with acrylic paint and leave to dry completely, before applying a second coat.

**2** For the bunny puppets, cut out some pink and grey felt ears and glue to the back of the pink and grey painted spoons. Stick a pom-pom nose and a pair of wiggle eyes to each. Next, draw on a black mouth and some white whiskers.

**3** For the chick puppets, glue some yellow and white feathers to the back of the yellow and white painted spoons. Cut out some small orange and yellow felt triangles, and stick to the spoons, along with some wiggle eyes.

**WHERE TO BUY** Wooden Puppet Spoons, £2 for four, DecoArt Crafters Acrylic Paint, £1.50 for 59ml, felt, 50p a sheet, feathers, £1.50 a pack, wiggle eyes, £1 a pack, 7mm pom-poms, £1 for 50, hobbycraft.co.uk

## RING OF ROSES

MAKE A COLOURFUL SPRING WREATH WITH RECYCLED BOXES

\* Egg boxes \* Scissors \* Acrylic paints \* Paintbrush \* Glue \* Small pom-poms \* Green felt \* Embroidery hoop \* Hot melt glue gun \* Wool or ribbon

**1** Cut out ten egg sections from the egg boxes with scissors.

**2** Take five of the egg box sections and neaten round the edges with scissors. Next, snip into the edges and flatten slightly, creating flower shapes – see above. Paint with acrylic paints and leave to dry.

**3** Cut out the bottoms of the other five egg box sections, and paint with acrylic paint. Leave to dry.

**4** Stick the smaller flower pieces inside the larger ones, and glue a pom-pom in the middle.

**5** Cut out some green felt leaf shapes, and glue to the bottom section of the embroidery hoop. Leave to dry.

**6** Using a hot melt glue gun, stick the egg box flowers on to the leaves. Leave to dry before hanging up with wool or ribbon.

9-13  
YEAR  
OLDS



3-5  
YEAR  
OLDS





## IN THE FRAME

STENCIL A PRETTY SPRING PICTURE WITH THIS QUICK IDEA

\* Scissors \* Hessian \* Glue  
 \* 2x A4 stretched canvasses  
 \* Bunny and bird templates at [goodtoknow.co.uk/template](http://goodtoknow.co.uk/template)  
 \* A4 Acetate \* Masking tape  
 \* Acrylic paints \* Stencil brush \* Large pom-pom

**1** Cut and stick a piece of hessian in the middle of each stretched canvas and leave to dry completely.

**2** Print the bunny template on a sheet of A4 acetate, then cut out the shape to create a stencil.

**3** Place the stencil on the hessian and use masking tape to hold it in position.

**4** Using a stencil brush, apply a little pink acrylic paint in a circular motion over the stencil. Carefully lift the stencil and allow to dry.

**5** Glue a large pom-pom to the bunny's bottom.

**6** Create a bird picture by making a stencil as before, but using blue paint for the bird and green for the leaves.

**WHERE TO BUY** Two 25.4x20.3cm stretch canvasses, £1.20 each, hobbycraft.co.uk. Papermania Bare Basics Hessian Squares, £4 for five. Artiste Acrylic Paint, £1.25. Craft Planet Pastel Pom-Poms, £1 for 30, docrafts.com. Flocked rabbit, £4.50, talkingtables.co.uk

9-13  
YEAR  
OLDS





ADULT HELP  
REQUIRED

3-5  
YEAR  
OLDS

## CRAZY ARTWORK

UPCYCLE BROKEN WAX CRAYONS INTO  
YOUR OWN MULTI-COLOUR CREATIONS

- \* Bunny silicone moulds
- \* Broken wax crayons
- \* Baking tray

**1** Heat the oven to 150C.  
Fill the bunny moulds with  
small broken pieces of crayon.

**2** Put the bunny moulds  
onto a baking tray and  
place in the oven for around  
10-15 minutes, until the

wax has just melted. Next,  
get an adult to carefully remove  
the baking tray from the oven  
and allow to cool. Then, place  
the bunnies in the refrigerator  
for about an hour.

**3** When the bunnies have  
completely cooled and set,  
pop them out of the moulds.

**WHERE TO BUY** Easter Bunny Silicone  
Moulds, £3.99 each, [siliconemoulds.com](http://siliconemoulds.com)





TIE STICKS TOGETHER  
AND POP INTO A  
VASE FOR AN EASY  
EASTER TREE

## NESTING INSTINCT

CREATE A BRIGHT AND BEAUTIFUL  
BOWL OUT OF SHREDDED PAPER

\* Cross-cut shredder \* Sugar paper  
\* Balloon \* 2 small bowls \* Flour \* Water  
\* Paintbrush \* Pin

- 1 Shred the sheets of sugar paper using a cross-cut shredder.
- 2 Inflate the balloon, tie it and place on top of a bowl with the knotted end inside.
- 3 In the other bowl, mix a cup of flour with a cup of water. Paint the mixture all over half the balloon, then stick on some strips of shredded paper. Brush over with more of the flour/water mixture and add more strips, building up about three layers of paper.
- 4 Allow to dry completely for a day or so, then pop the balloon with a pin and discard the remnants.

**WHERE TO BUY** Activity Paper Pad, £2 for 60 sheets, [hobbycraft.co.uk](http://hobbycraft.co.uk). Textet A4 Electric Desk Top Paper Shredder, £15.99, [amazon.co.uk](http://amazon.co.uk)



ADULT HELP  
REQUIRED

## GOOD EGG

BRIGHTEN UP YOUR EASTER TABLE WITH THESE  
COLOURFUL SUN CATCHERS

\* Egg-shaped metal biscuit cutters \* Foil-lined baking tray  
\* Pony beads \* Small glass beads  
\* Fishing wire

1 Heat the oven to 200C. Put the egg-shaped metal biscuit cutters onto the prepared baking tray. Arrange the pony beads in a single layer inside the biscuit cutters. Carefully place a small glass bead near the top of each egg shape.

2 Ask an adult to place the tray in the oven. Bake for about 25-30 minutes, until the beads have melted and fused together.

3 Remove from the oven and leave to cool completely. Pop the eggs out of the biscuit cutters and thread a piece of fishing wire through the hole in the glass beads.

**WHERE TO BUY** Easter Egg Cookie Cutters, £3.50 for four, [windsorcakecraft.co.uk](http://windsorcakecraft.co.uk). Craft Planet Pony Beads, £3 for 140g, [docrafts.com](http://docrafts.com). Honeycomb vase, £5, [wilko.com](http://wilko.com)

7-9  
YEAR  
OLDS



7-9  
YEAR  
OLDS



YOU COULD DECOUPAGE THE BOX BAGS WITH SCRAPS OF MAGAZINE CUTTINGS OR USED GIFT WRAP

## CUTE CLIPS

IT'S SO EASY TO KEEP THINGS NEAT AND TIDY WITH FLUFFY PEG ANIMALS

\* Paintbrush \* Pink, yellow, white and grey acrylic paint \* Wooden dolly pegs \* Pink, grey and orange felt \* Scissors \* Glue \* Mini white pom-poms \* Yellow feather \* Fine nib marker pens \* Pink, yellow, white and grey wool \* 65mm pom-pom maker

- 1 Paint pegs with yellow, pink, white and grey acrylic paint and leave to dry.
- 2 Cut out a pair of grey and pink felt ears and stick to the back of the grey 'bunny' peg. Repeat for the pink 'pig' peg, and add a pink felt snout. Stick mini white pop-poms to the white 'lamb' peg, and a feather and orange felt beak to the yellow 'chick' peg.
- 3 Carefully draw faces on all four pegs with fine nib marker pens.
- 4 Next, make pom-poms using pink, white, grey and yellow wool.
- 5 Pop the peg animals through the middle of the pom-poms, adding a little glue to hold them in place.

**WHERE TO BUY** Wooden dolly pegs, £2 for 12, DecoArt Crafters Acrylic Paint, £1.50 for 59ml, felt, 50p a sheet, 7mm pom-poms, £1 for 50, feathers, £1.50 a pack, Uni Posca Marker Pens, from £2.50 each, W1 yarn, from £2.20 a ball, pom-pom maker, £6.50 for two, hobbycraft.co.uk. Flocked rabbit, £4.50, talkingtables.co.uk

ADULT HELP  
REQUIRED

## IN THE BAG

TURN OLD CEREAL BOXES INTO PRETTY BAGS – PERFECT FOR AN EGG HUNT

\* Cereal boxes \* Ruler \* Pencil \* Scissors \* Floral and spotty gift wrap \* Sellotape \* Hole punch \* Bright wool or ribbon to match the gift wrap

- 1 Take the first cereal box and measure and mark equal points about half the way down on all sides, then join the points up with a pencil and ruler. Ask an adult helper to cut along these lines with

scissors. Repeat with the other two cereal boxes.

- 2 Neatly wrap the cereal boxes with pretty gift wrap in bright colours.
- 3 Punch holes at each end of the gift box bags. Thread a length of wool or ribbon through the holes, and knot each end to hold in place.

**WHERE TO BUY** Bold spots gift wrap, £4.50 for three sheets, Daisy gift wrap, £4 a roll, carolinegardner.com. Wool, from a selection at hobbycraft.co.uk

5-7  
YEAR  
OLDS



7-9  
YEAR  
OLDS



5-7  
YEAR  
OLDS

## STRING TOGETHER

A LITTLE MESSY BUT GREAT FUN TO MAKE

\* Water balloons \* String  
 \* Newspaper \* PVA glue \* Water  
 \* Small bowl \* Green, yellow, red  
 and orange embroidery threads  
 \* Pegs \* Clothes dryer \* Pin

1 Water balloons make a nicer egg shape; blow up as many

as you need and tie with string ready for hanging up to dry.

2 Protect your work space with newspaper. Pour some PVA glue into a bowl, mix with water and stir.

3 Roll a balloon in the PVA/water mixture – make sure

you cover the entire surface.

4 Unwind a skein of green embroidery thread and wrap around the balloon, covering it evenly – don't leave any large gaps.

5 Roll the wrapped balloon in the PVA/water mixture once again, then hang up to dry overnight.

6 Repeat the process with more water balloons and the orange, red and yellow embroidery threads.

7 When the glue is dry, pop each balloon with a pin and carefully remove the remnants and the string. Scrape away any noticeable dried bits of glue with the pin.

**WHERE TO BUY** Water balloons, £1.15 for 100, amazon.co.uk; DMC Stranded Cotton Thread, 90p for 12m, hobbycraft.co.uk





# COOL Kids



 **GoodtoKnow.co.uk**



## HI THERE!

**ELEANOR JONES  
ROUNDS UP ALL  
THE LATEST KID-  
FRIENDLY STUFF**

## 3 STEPS TO... GREAT FAMILY PICS

*Try these tips from Ion Paciu, founder of Photoion Photography School, to get that perfect photo*

### 1 Think background

Keep it clutter-free and plain, so you can really focus on your kids and not on the overflowing bin in the corner.

### 2 Zoom in

Wide shots tend to show distractions – focus on capturing tiny fingers and chubby toes. Shoot the

way they hold your hand or smile in their sleep.

### 3 Work in the moment

Be patient to capture the best moments. Natural, active images, not posed pics, work best. The delightful photo of Princess Charlotte playing with her toy dog is the perfect example.

**43%**  
OF PARENTS ADMIT  
THAT THEIR  
CHILDREN SUFFER  
FROM TECH  
HEADACHES\*



## CHEATS CORNER

A constant cough can be irritating at any time of year. For a clever trick to banish a tickly throat, try slathering little feet in Vicks VapoRub and popping on a pair of socks before bed – they'll wake up a lot less croaky. And it works for grown-ups, too.



For even more successful cold remedies go to [goodtoknow.co.uk/unusual-cold-remedies](http://goodtoknow.co.uk/unusual-cold-remedies)



## TECH KNOW Rise and shine

Forget morning tantrums, The Sleep Calculator's got it sorted! Happy snoozers rely on sleeping patterns that fall in line with sleep cycles, and waking a child mid-cycle = grumpy tears. Go to [web-blinds.com/resources/sleep-calculator](http://web-blinds.com/resources/sleep-calculator) and tap in your little one's (desired!) wake-up time to find out the best bedtime slots for a happier start.





## TRIED TESTED LOVED!

### A TREAT THAT LASTS

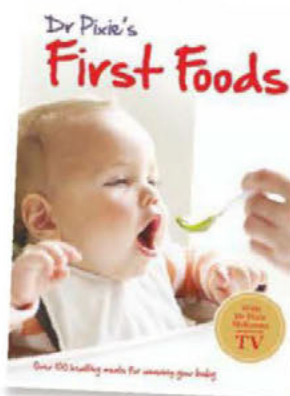
Easter eggs don't have to be chocolatey! Playmobile kits come in four different colours and include mermaids, pirates and zookeepers – perfect if you're trying to avoid choc overload. From [playmobil.co.uk](http://playmobil.co.uk), £6.99.

## THIS MONTH...

### We're working through weaning

Dr Pixie is not only the face of *Embarrassing Bodies*, she's also a mum to toddler, Darcy Trixie Belle. And, drawing on her parent and medical know-how, the TV presenter has created this brilliant guide, £12.99.

Get even more top tips at [goodtoknow.co.uk/weaning](http://goodtoknow.co.uk/weaning)



## #TRENDING NOW Retro revival

Remember *DuckTales* and *Danger Mouse* from the first time around? Well, luckily for your little nippers, they're due a comeback, along with *The Magic School Bus* and *Care Bears* out on Netflix within the next two years. And the best one, *Jem and The Holograms*, is already out as a feature length. Ready to channel your '80s childhood?

Take another trip down memory lane at [goodtoknow.co.uk/retro](http://goodtoknow.co.uk/retro)

## 3 OF THE BEST...

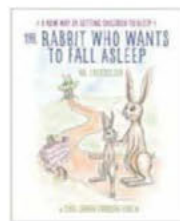
### Sleep books sure to send 'em off



**TEACH YOUR CHILD TO SLEEP**  
This new title shares teachings and techniques from the Milipond Sleep Clinic, which has a 97% success rate – good luck! £9.99 Octopus



**MY CHILD WON'T SLEEP:  
A QUICK GUIDE FOR THE  
SLEEP-DEPRIVED PARENT**  
Dr Kansagra will help you identify the problem – and find a solution. £3.57, Amazon Media (Kindle edition free)



**THE RABBIT WHO WANTS  
TO FALL ASLEEP**  
Parents reckon this repetitive story gets wide-awake kids off to the land of nod in a couple of pages. £3.99, Ladybird



## 5

### TOP KID HABITS WE'D LOVE TO STEAL

#### 1 LEAVE

all the dirty plates after dinner and see them magically cleared by the dish fairy.



#### 2 WEAR

fancy dress to the supermarket (and receive indulgent, admiring smiles).

#### 3 LAY

on the floor when it all gets just a bit too much.

#### 4 EAT

nothing but beige food with unadulterated glee.



#### 5 CRY

snottily until we get our own way.

Got your own list?  
Talk to us at [facebook.com/goodtoknow.co.uk](https://www.facebook.com/goodtoknow.co.uk)





**FREE**  
kit with  
every issue

On sale 3 March  
at all good newsagents\*



# FREE\* Alpine cake at Thorntons Cafe

Take a cake break and indulge yourself... go on,  
you know you deserve a little treat

**WORTH  
£2.95**

**D**iscover the delicious sweet and savoury café range at Thorntons and receive a free Alpine cake with any large hot drink.

Thorntons' Alpine cake is inspired by the flavours of its famous Alpine chocolates. Each cake has a gooey praline centre, wrapped in a delicate chocolate sponge and finished in a generous layer of luscious chocolate – it's a delicious treat from Thorntons guaranteed to melt the grey-day blues away. And for the ultimate chocolate heaven, why not try Thorntons' luxury hot chocolate, made with just two simple ingredients – hot milk and sumptuous Thorntons' chocolate – and dressed with whipped cream, marshmallows and chocolate flakes. It's super-yummy and the most chocolatey hot chocolate you'll ever have.

## HOW TO CLAIM YOUR FREE CAKE

Go to [goodtoknow.co.uk/thorntons](http://goodtoknow.co.uk/thorntons) and enter your email address to download your voucher – it couldn't be simpler. The offer is valid from 18 February to 31 March 2016.

**\*TERMS & CONDITIONS** Free single Alpini Cake portion when you purchase any large drink. This offer is available in Thorntons Cafés only. The voucher is valid for one transaction only. Not available in supermarkets or online. Vouchers can only be used in the valid period. This offer is valid from 18 February to 31 March 2016, and is subject to availability. Thorntons reserves the right to withdraw this offer at any time. Voucher is non-transferable and is worth 0.0001p. Damaged or defaced vouchers will not be accepted. Excludes Whitley Bay and Bridlington Café Thorntons locations.



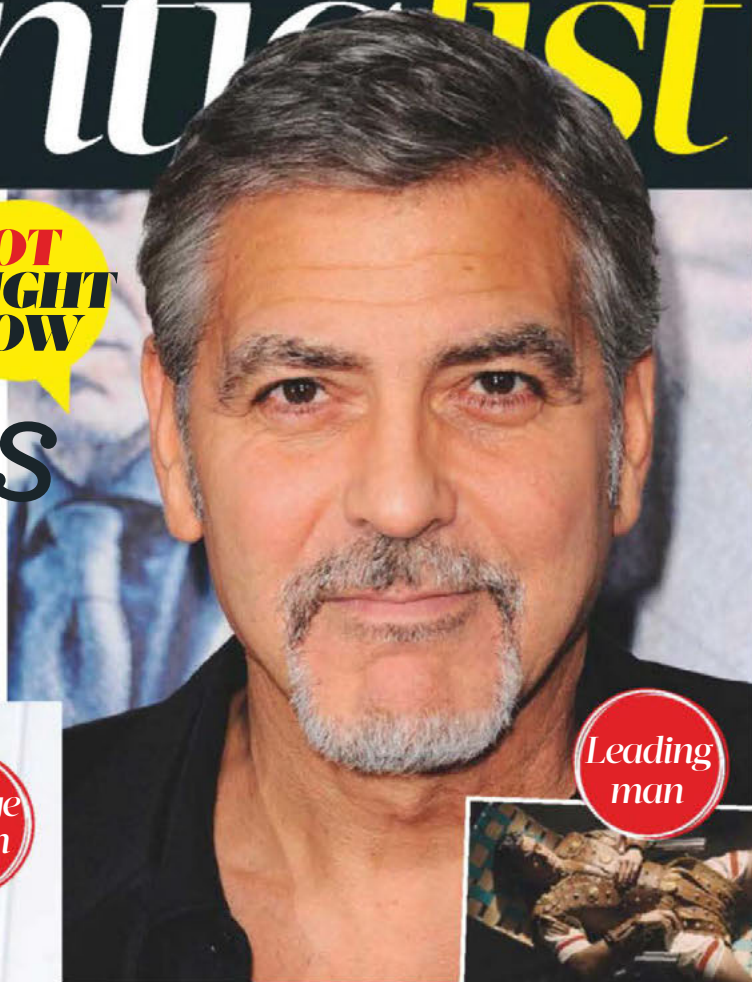


# FILM \* TV \* BOOKS \* CULTURE Essentialist

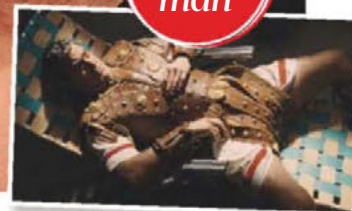
## HAIL the hunks

**HOT  
RIGHT  
NOW**

We're saluting the dreamy cast  
of the hilarious Hollywood spoof  
*Hail, Caesar!* this month...



**Leading  
man**



### GEORGE CLOONEY

The 54-year-old charmer has lost a little of his glamour as he swaps his dapper suits for a Roman costume in the Coen brothers' latest comedy. Choking on his lines before being kidnapped and put up for ransom, George plays the most famous and beautiful actor in the world – complete with a questionable black dye job. So you're basically just playing a satirical version of yourself then, eh, George?

### JOSH BROLIN

Rugged Josh plays fixer Eddie Mannix, whose job it is to keep Hollywood's scandals out of the press. Not shy of a few controversies himself, we reckon wild boy Brolin could use his personal experiences for this role taming the A-lister set. He may have his work cut out for him, but at least he's looking strapping in his fifties-style suits while he's at it... swoon.

\* *Hail, Caesar!* is out 4 March

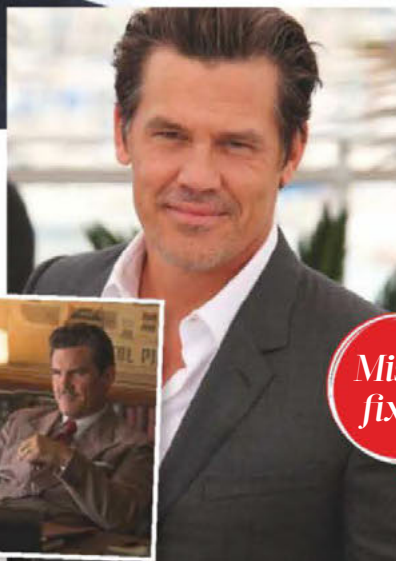


**Aye, aye  
captain**



### CHANNING TATUM

Hollywood's dancing king looks like he could be in a nautical-themed *Magic Mike* scene as we first catch a glimpse of the hunk performing some very camp sailor choreography. But the tanned, golden-haired star he plays is soon plucked to help the quest to save old George from his mysterious kidnappers. Oh, Chan, you'd be our hero of choice any day.



**Mister  
fix-it**







BATMAN V SUPERMAN: DAWN OF JUSTICE



KUNG FU PANDA 3

## ON THE BIG SCREEN

### Batman V Superman: Dawn of Justice 🦇🦹‍♂️💥

What happens when two superheroes collide? We're about to find out as this epic explodes onto the big screen. Henry Cavill reprises his role as Superman and Ben Affleck takes on the role of a seriously p\*\*\*ed off Batman. But while they battle it out, there's another evil threatening the Universe. Out 25 March.



ZOOTROPOLIS



WHISKEY TANGO FOXTROT

### Zootropolis 🐰🦊🔍

Disney's latest animation is set in a city of talking mammals, where optimistic Judy Hopps is finding her feet as a rookie cop. But being the first bunny of the force isn't so easy, and Judy's forced to team up with a fugitive fox to solve a conspiracy. A must-see for the kids this Easter. Out 25 March.

### Whiskey Tango Foxtrot 📷😓🔫

Tina Fey stars in this comedy adaptation of US reporter Kim Barker's 2011 memoir *The Taliban Shuffle*. When Barker leaves New York for Afghanistan and Pakistan she meets some strange characters, including love interest Ian MacKelpie (Martin Freeman). Expect laughs aplenty. Out 4 March.

### Kung Fu Panda 3 🐼🍱👊

Po (Jack Black) has a new challenge on his hands – he's been reunited with his long-lost father, but it's not long before evil threatens the Valley of Peace and it's up to Po to raise a panda army. Can he save the day? More cuddly cartoon fun voiced by Jack Black and Angelina Jolie. Out 11 March.

## ON THE TOWN



### BRITISH SUMMER TIME

It's party time soon in Hyde Park and Florence + The Machine, Mumford and Sons and Take That are all invited. Grab your tickets before they sell out; [bst-hydepark.com](http://bst-hydepark.com)



### THE CARETAKER

Timothy Spall stars in Harold Pinter's menacing tale of a disturbed man who invites a tramp to stay. Get tickets for spring's darkest stage comedy at [oldvictheatre.com](http://oldvictheatre.com)



### TOM JONES THE MUSICAL

The story of the man, the myth, the Welsh soul legend will be burning down the house at theatres all across the UK this March; visit [tomthemusical.co.uk](http://tomthemusical.co.uk)



### CITIZEN KHAN: THEY ALL KNOW ME

Adil Ray is bringing his much-loved character, Mr Khan, to London, Birmingham and Manchester this May. Book tickets at [ticketmaster.co.uk](http://ticketmaster.co.uk)



FILM \* TV \* BOOKS \* CULTURE

# Essentialist

## ON DEMAND



### LOVE

In this new Netflix comedy from Judd Apatow (*Girls, Bridesmaids*), nice guy Gus (Paul Rust) and wild child Mickey (Gillian Jacob) experience modern dating – with hilarious consequences. Out now.



### DAREDEVIL

Charlie Cox dons his Daredevil costume once more as season two hits Netflix. A lawyer by day and superhero by night, the blind warrior continues his fight against injustice. From 25 March.



### GAME OF THRONES

Is Jon Snow really dead? We'll find out soon enough. But for now, we'll be rewatching all five previous series on Sky Box Sets for clues. From 15 March.



CAN'T TOUCH THIS

GRANTCHESTER



LINE OF DUTY

## ON THE BOX

### Can't Touch This

No, it's not an MC Hammer tribute show, it's a new game show with Zoë Ball and Ashley Banjo. Touch the prize, and you win it. But first, contestants must navigate their way through a giant assault course. BBC1

### Grantchester

Fresh from *War and Peace*, James Norton continues his reign over prime-time telly, as he joins Robson Green for a second series of the sleuth drama set in the picturesque Cambridgeshire village. ITV1

### Line of Duty

Daniel Mays (*Mrs Biggs*) and Will Mellor (*Hollyoaks*) are the newest recruits to the beeb's police drama. Mays plays the head of an Armed Response Unit under investigation after he puts his colleagues in danger. BBC2

### The A Word

When the Hughes family's youngest son is diagnosed with autism, they have to learn to



An unlikely pair!



THE A WORD



SPORT RELIEF

communicate with each other before they can help him. *Fortitude*'s Christopher Eccleston and *Grantchester*'s Morven Christie star in this thought-provoking comedy. BBC1

### Sport Relief

Sport Relief is back on Friday 18 March for another brilliant show in aid of a great cause. David Walliams and Claudia Winkleman help host the star-studded bash, and Idris Elba is popping by for a special *Luther* sketch, guest-starring gymnast Louis Smith. BBC1

### Bear Grylls: Mission Survive

Bear will be pushing a new cast of celebs to their limits in this extreme survival challenge. Chelsea Healey, Neil Morrissey and Michelle Collins have all signed up – but who will survive the longest in the wild? ITV1





**INSIDE  
THE  
MIND  
OF...**

## Gerard Butler

**The Scottish star on kicking the booze, making it big and being a mummy's boy**

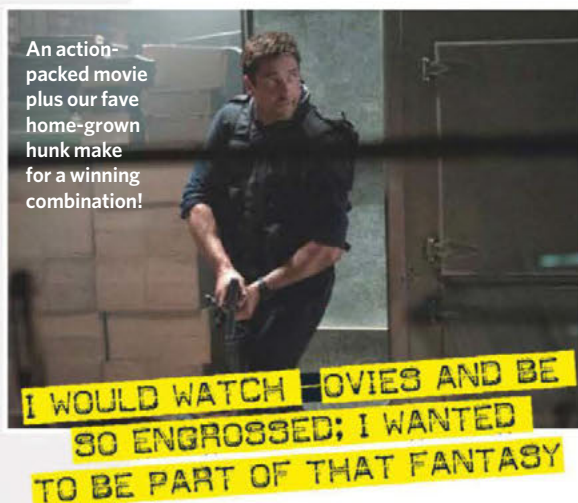
Feature Anna Matheson Photography BBC, ITV, Getty Images, Corbis, Allstar

**On his reputation as a player...** It's harder to be in a relationship in this industry. It's hard when you are leaving all the time. Who wants to put up with that? But who says life has to be just one relationship? Maybe it's meant to have many short relationships. Love is amazing, but it is only one aspect of your life.

**On his close relationship with his mother...** I always had this terror about losing her. I used to have nightmares about it. It

caused me to be an attention-seeker. I was the youngest and would always say to my mum: 'Just tell me you love me more.'

**On his late father leaving the family when Gerard was young...** It created a lot of sadness in my life and self-doubt. I think he had his own issues to deal with, and then he remarried and had another child. He was nuts, but had a good heart, and wanted people to be happy. He just never really knew how to look after himself.



An action-packed movie plus our fave home-grown hunk make for a winning combination!

**On growing up wanting to be an actor...** I would watch movies and be so engrossed; all I wanted to do was be part of that romance or that fantasy.

**On almost becoming a lawyer...** I was really not happy doing what I was doing. Everybody knew, and I was fired a week before qualifying. In a way, they were releasing me to pursue my dream.

**On his last drink at the age of 27...** I was in Camden and I had a crazy experience. I remember thinking: 'This is not who I am or where I should be.' I woke up the next morning, went to the pub and thought, 'I'll have a beer, and sit and contemplate this,' and I just couldn't drink it. And that's the last time I ever had a drink.

**On his happy place...** I think I'm happiest in the hills or the mountains, when there's vegetation, trees and bushes. That's what I miss from Scotland.

**On his passion for water...** I love to get out in the ocean. That's why I moved out to Malibu, so I can surf and paddleboard. It's amazing just getting in that water, it just washes away everything. I always feel better than I did before I went in.

**On the type of uncle he is to his four nieces...** The best in the world, of course! Thanks to them, I know how to handle women. And I always encourage the girls to behave badly every now and again - just like my aunt did with me!

**\* Gerard Butler stars in *London Has Fallen*, out on 3 March**



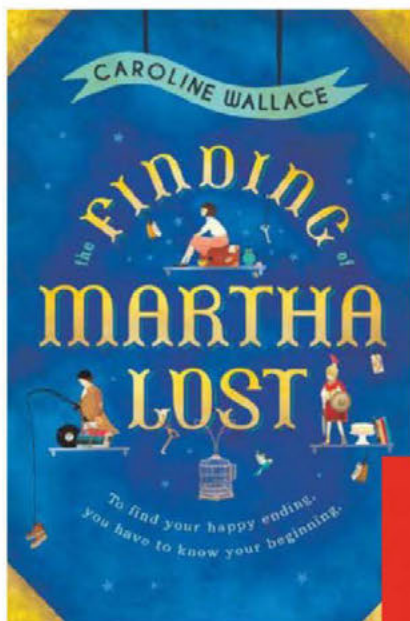
# FILM\*TV\*BOOKS\*CULTURE Essentialist

## ON THE SHELF

### *The Finding of Martha Lost*

BY CAROLINE WALLACE  
(£12.99, DOUBLEDAY)

Abandoned in Liverpool Lime Street Station as a baby, Martha has been hoping someone will pop into her lost property office to claim her for sixteen years. But as she sets about finding out who she really is, she doesn't have to stray far for adventure to unfold. It's a modern fairytale you'll adore. Out 10 March.



### *Gone Astray*

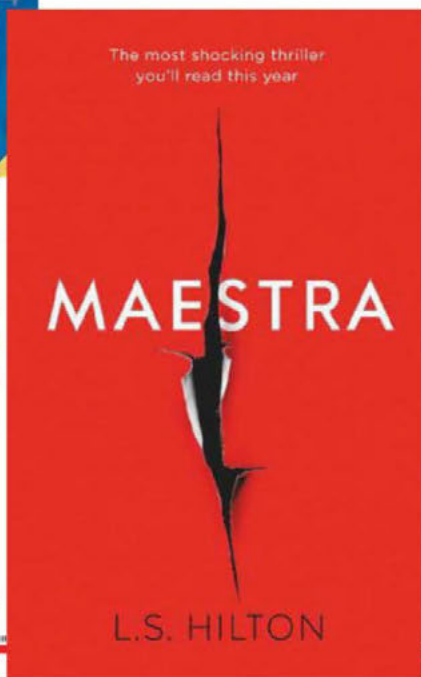
BY MICHELLE DAVIES  
(£12.99, PAN MACMILLAN)

Leslie and Mack are settling into life as Lotto millionaires when their daughter Rosie disappears – and no amount of money will bring her back... or will it? Can family liaison officer DC Maggie Neville find Rosie before it's too late? This all-too-believable thriller is full of plot twists and makes you think twice about wanting that lottery win. Out 24 March.

### *Maestra*

BY LS HILTON  
(£12.99, ZAFFRE)

When Judith Rashleigh is fired from her job, she's forced to fake it among the rich and famous to survive. Judith knows what she wants and she's not afraid to do everything in her power to get it. The film rights for this *Gone Girl* meets *Fifty Shades* thriller have already been snapped up, so grab your copy now. Out 10 March.



## ESSENTIALS BOOK CLUB

READER ALEX  
GUBBINS REVIEWS  
*THE INFINITE AIR* BY  
FIONA KIDMAN (£9.99,  
AARDVARK BUREAU)



Jean Batten's mother knew her daughter was meant for great things, but the

world was taken aback when she took to the skies solo in the 1930s. Breaking records – and hearts – the famous aviator became known as the 'Garbo of the skies' and this is a fitting tribute to the real-life heroine. Out 6 March.



## CELEB WISE WORDS



**ACTRESS GEMMA ARTERTON ON THE BOOK THAT CHANGED HER LIFE...**

'Angela Carter's writing is very much how I see the world: that fantastical, grotesque feminist vision. I was totally obsessed with *Nights at the Circus* when I first read it. I'm dying to make it into a film.'

### More GREAT READS



Not sure which book to choose? Visit [goodtoknow.co.uk/ontheself](http://goodtoknow.co.uk/ontheself) for full reviews of these books and more





GREENHEAD MOSS PARK

BORDE HILL

**KIDS  
DAYS  
OUT**

EASTER ADVENTURE QUEST



CADBURY'S EASTER EGG HUNT



## Eggcellent adventures

Keep the little ones happy  
and the big kids busy this Easter

### Cadbury's Easter Egg Hunt

One of the most fun-filled hunts will be taking place at beautiful Studland beach in Dorset. Kids will help Bunny find his hidden eggs, which can then be exchanged for real chocolate at the end. 25 March to 20 April; [whatsonindorset.co.uk](http://whatsonindorset.co.uk)

### Easter Adventure Quest

From 25 to 28 March, Charles Darwin's former home Down House plays host to an exciting quest where the kids will meet interesting characters from the past, from Romans to monks. Crack all the clues and you'll get your hands on a chocolatey reward; [visitkent.co.uk](http://visitkent.co.uk)

### Easter At Greenhead Moss Park

You'll find a great choice of free afternoon activities at this scenic community nature park in North


Lanarkshire. There'll be an Easter bonnet comp, fun games and lots of prizes to be won. 28 March; [whatsonlanarkshire.co.uk](http://whatsonlanarkshire.co.uk)

### Easter Eggsplorer

West Sussex's Borde Hill Garden is home to activities galore this Easter. Their resident Bunny will be on hand to lead the little ones on a trail in search of treats; while older kids can explore a magical woodland and have a go on the zip wire. 25 March to 10 April; [bordehill.co.uk](http://bordehill.co.uk)

### Old Hill Farm

As well as Easter Egg hunts and egg decorating, little ones have the chance to bottle-feed lambs and see the chicks at the farm in Bouth, Cumbria. Plus, there's an indoor play barn in case it's wet - and don't worry, mums, there's a tearoom, too! From 25 March; [oldhallfarmbouth.com](http://oldhallfarmbouth.com)

 For more fun ways to entertain your kids during the Easter holidays, simply visit [goodtoknow.co.uk/days-out](http://goodtoknow.co.uk/days-out)



OLD HILL FARM



FILM \* TV \* BOOKS \* CULTURE

# Essentialist

## DOWNLOAD



### UNDERWORLD

*Born Slippy* is synonymous with *Trainspotting* and with a reunion in the works for the film, it's apt that the band release their new album *Barbara Barbara, We Face A Shining Future* on 18 March.



### BIRDY

The singer's first single *Keeping Your Head Up* takes a more poppy direction than we're used to, so we're excited to hear what's in store on her third album, *Beautiful Lies*, when it drops on 25 March.



### BON JOVI

Rumour has it the New Jersey rockers are releasing new album *This House Is Not For Sale* this month as a follow-up to *Burning Bridges*. Early Jovi fans will rejoice, as singer Jon promises he's going back to basics for this album.



IT'S  
ALL  
ABOUT

## #TRENDING

# Mariah Carey

As the superstar embarks on a glittering Greatest Hits tour, we take a look back at her biggest diva moments

**MUMMY MADNESS** Determined her babies be born with a taste for success, Mariah had a live version of her hit song *Fantasy* played during the birth of her twins Moroccan and Monroe in 2011. It was so they 'could hear the applause as they entered the world'.

**SKY-HIGH BILL** Mariah wasn't best pleased when the producers of an indie horror film she agreed to appear in told her she'd have to fly economy. Rather than kick up a fuss, she booked an entire flight and travelled alone in the cabin. Well if you have to fly coach!

**BLING SLINGS** Even a serious injury won't stand in the way of Mariah's glam style. After she dislocated her shoulder while shooting the video for *Beautiful*, she rocked a range of slings covered in fur, feathers, diamonds, satin, and studded leather.

**ETERNAL YOUTH** Most of us are forced to accept our increasing age, but not Mariah. She refuses to acknowledge her birthday and has dodged questions about her age with a firm: 'Darling, I'm eternally 12 years old'.

**AMERICA'S SWEETHEARTS?** When she signed up to *American Idol*, Mariah wrongly assumed that she would be the only woman on the judging panel. Cue continual cat fights as she had to sit next to another of the world's biggest diva's Nicki Minaj. 'That was the worst experience of my life,' Mariah later claimed.

**ALL WHITE ON THE NIGHT** According to her rider, Ms Mariah is not a fan of 'busy patterns' and 'doesn't do stairs', but the star took diva demands to the extreme when she requested 20 white kittens and 100 white



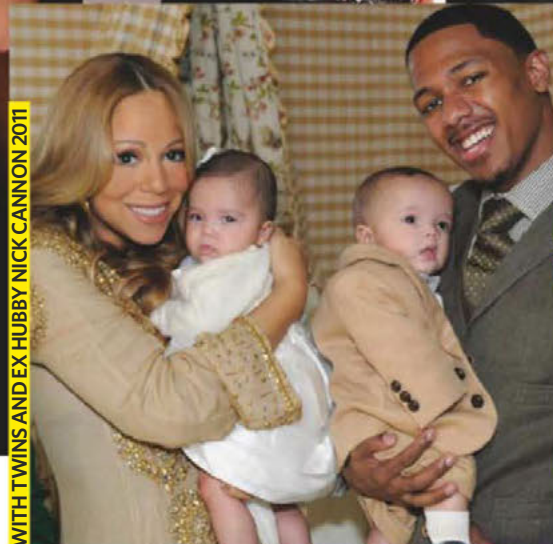


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WITH FIANCE JAMES PACKER JAN 2016

WITH TWINS AND EX HUSBY NICK CANNON 2011



JET SET IN DEC 2015

## THE IN/OUT LIST

**Bear Grylls** – we're so glad he's back on our screens; we've always had a thing for boy scouts...



**Bear mauling** – can we stop talking about Leo and that bear now please? It's ruining our crush

**Spoiling mum** – why just one day? We're telling the kids it's Mother's Month

**Toiling mum** – yep, that means we're taking the month off housework. Spring cleaning can wait

**Sleeping in** – we need to prep for the clocks going forward on 27 March (well, that's our excuse)



**Sleeping over** – is it necessary for the kids to have a friend to stay every night of the Easter holidays?!

**Skinny Fat**. The new term for people who eat like a horse, but stay slim

**Bikini Body**. *Women's Health US* banned the term from its cover lines... so have we!

**Ankle-baring** – our one nod to new season fashion so far. It's still far too cold!



**Hem-raising** – our legs are not yet fit to be seen. Shaving/waxing starts next month

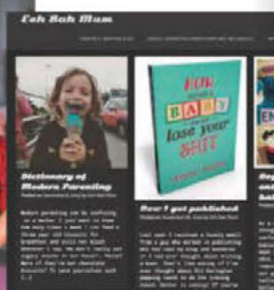
## ON THE RADAR

doves to be released while she turned on Christmas lights at London's Westfield. (The request was denied.)

**DIAMOND DAZZLE** After divorcing hubby number two, Nick Cannon, Mariah became engaged to billionaire James Packer. The star announced her recent engagement in dazzling style by flaunting an epic diamond, reported to be 35 carats – 'It's so heavy,' she said, 'I can't lift my arm up!'. The rock is said to be bigger than Kim Kardashian's and Beyoncé's engagement rings combined.

**SCREEN QUEEN** According to Kate Garraway, Mariah declined to sit down on the GMTV sofa without assistance when she appeared on the show in 2009. Fearing she'd crease her dress, she insisted that two ITV producers help lower her onto the sofa. She also had an assistant walk backwards in front of her in case she fell.

\* Mariah's *The Sweet Sweet Fantasy* tour starts this month – go to [mariahcarey.com](http://mariahcarey.com)



### Tweet Star

*The Voice's* newest judge has been rocking it on the BBC show. Follow @Palomafaith now for your fix of all the insider knowledge.

### Top Blog

Kirsty Smith's hilarious account of parenting at Eeh Bah Mum has won her a book deal with recent release *How to Have a Baby and Not Lose Your S\*\*\**. Follow the mum of two's journey at [eehbahmum.com](http://eehbahmum.com).



### Insta-glam

Emma Willis is expecting her third child on 8 May and the TV presenter and wife of McBusted star Matt Willis has recently joined Instagram, so you can join us on bump watch at [@emmawillisofficial](http://emmawillisofficial).



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## BELLA BARGAIN

Panicking about amusing the kids this Easter? Well, it's not too late to book a holiday. For spring sunshine, endless pizza, ice cream and culture, head to Sorrento on Italy's Amalfi Coast. March is the best time to visit Pompeii and Mount Vesuvius, before the crowds and summer heat. Citalia (01293 731 735; citalia.com) is offering a 7-night holiday at the 4-star Hilton Sorrento Palace on a B&B basis from £2,015 for a family of three (departing 27 March 2016), with transfers and return flights from Gatwick.



## Mum's the word

Struggling to lose those baby pounds? Need a holiday? Then Greece is the word at the Mummy Bootcamp in Skiathos. Go alone (tempting!) or take the family and sign up for Pilates, yoga and abdominal exercises, hiking or cardio tennis, along with a range of spa treatments. Sovereign has 7 nights B&B at the Skiathos Princess from £2,849 for a family of three, saving up to £275 (departing 12 July 2016). Includes one free child stay, resort transfers and return flights from Gatwick.

## Escape rainy days

Next time you're caught in a downpour (it won't be long if you live in the UK!), open one of these cheery destination umbrellas and transport yourself to sunnier climes.

Take your pick from Paris, the Pyramids or Portofino –

check out the whole range at [whereidratherbe.co.uk](http://whereidratherbe.co.uk).

Classic style umbrella, **£27.99**, or folding, **£25.99**.



## #TRENDING NOW...

The world just keeps on getting smaller! Imagine being able to fly to LA or San Francisco for £139 one way... From June, you'll be able to do just that. Wow air is launching four flights a week to LA and five to San Fran from London and Bristol via Reykjavik. Seriously, what's stopping you! More info from [wowair.co.uk](http://wowair.co.uk).



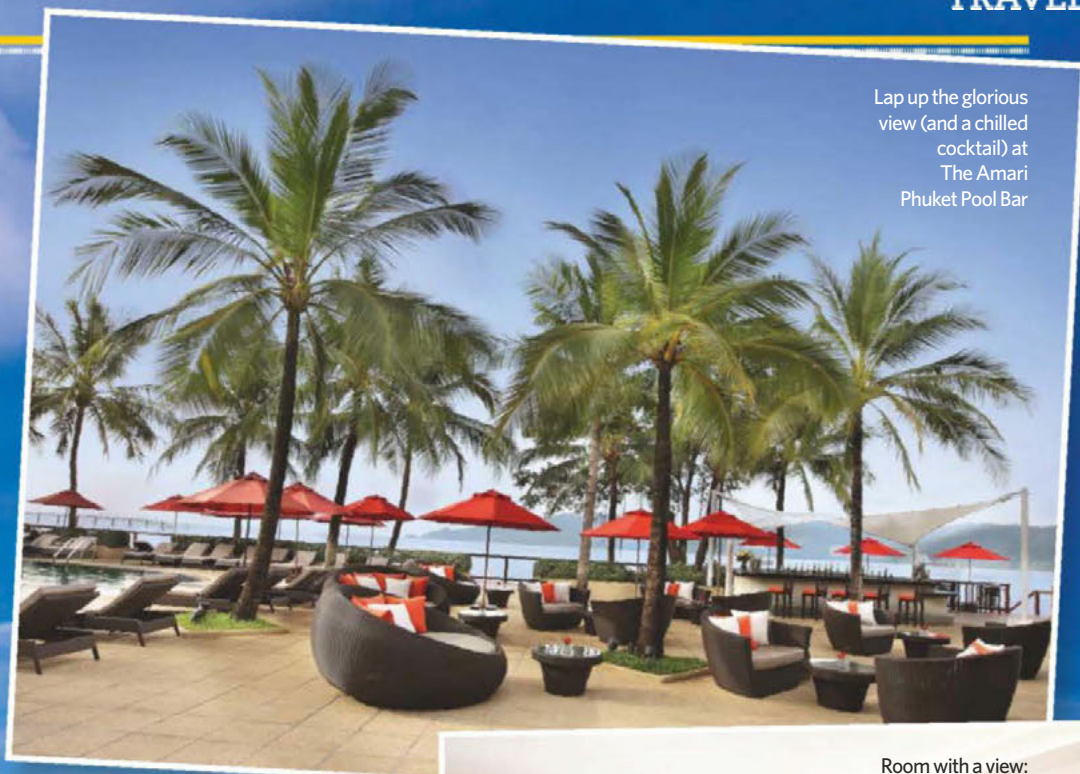
# 6 *Great value* GETAWAYS

Choose your holiday destination wisely and you'll find there are some incredible opportunities to get more bang for your buck!

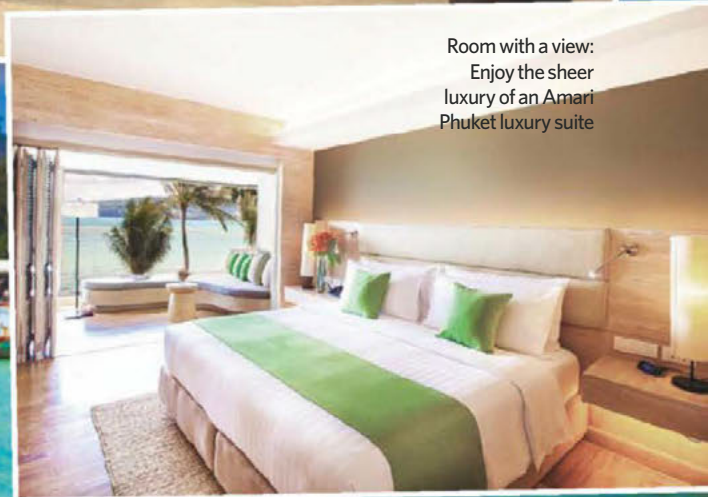




Lap up the glorious view (and a chilled cocktail) at The Amari Phuket Pool Bar



Room with a view: Enjoy the sheer luxury of an Amari Phuket luxury suite



# 1 THAILAND

Once you've put the 14 hours flying time behind you, you'll find that Thailand is astonishingly affordable, which leaves you more money to spend exploring the stunning landscape and savouring the amazing cuisine.

**WHERE TO GO?** Phuket, or to give its more luxurious name, the Pearl of the Andaman, is Thailand's largest island and a perfect combo of lively and leisurely: immerse yourself in the morning bustle of the city, then flop down on its most famous beach, Patong Bay, until the sun sets. Party-goers gravitate here for the raucous nightlife and neon-lit 'strip', but scratch underneath the brash surface and you'll discover no end of lower-key bars and exquisite restaurants.

**WHERE TO STAY?** The sprawling 380-room Amari Phuket resort on Patong Beach is far enough from the madding crowd to feel secluded and serene yet it's

only a 10-minute tuk-tuk ride to the centre of town for when you're ready to delve into local life. Secure your spot in the newly opened Ocean Wing for the best floor-to-ceiling views of the sandy, crescent-shaped shore. Alternate between the luxury pools and secluded beach and make sure to book in at the open-fronted Breeze Spa for a classic Thai massage to the accompaniment of crashing waves. But it's not all lying around doing nothing – there's a great kids' club, plus snorkelling and fitness classes on offer.

**WHAT TO EAT?** Roadside cuisine in the UK conjures up visions of burger or hot dog stalls, but the street carts of the Banzaan night market are where to go for fresh, mouthwatering tastes. Try the pad Thai (yes, we know you've had it before, but not like this) and unforgettable shrimp curries; follow up with ripe chunks of homegrown

fruit for an on-the-go dessert. The market is also a great place to pick up unusual snacks as gifts (although the squeamish might want to give the live seafood aisles a miss!). However, if you prefer your food served more formally, head for Tu Kab Khao. Plates are for sharing, and the most revered dish here is the excellent crab curry with thin rice noodles. But start with the cocktail menu – each one is pure theatre and freshly made at your table. Move over Tom Cruise! Dinner, plus cocktails, will cost around £29.

**WHAT TO DO?** Souvenir shoppers can really push the baht out at the well-stocked Jungceylon centre, which is just 1.5km from the resort. And once you have exhausted the main shopping area, cut across to the smaller half of the mall for a hidden gem of a market, selling everything



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from jewellery to cooking utensils at incredibly reasonable prices. Hagglng is not always welcomed, but it's expected, so don't be put off. And when you've finished shopping, take to the water on a catamaran for a thrilling sea trip – pack your swimming essentials and snorkel with some of the bay's most beautiful tropical fish. Don't forget the suncream, though.

Seeing as you're flying in and out of Bangkok, you'd be mad not to spend a night in the buzzing capital city. The Oriental Residence Bangkok is smack bang in the centre on Wireless Road. The fourth-floor

pool offers stupendous views across the city and the fast pace is an unforgettable bookend to the start or finish of your trip. **BEST KEPT SECRET** No trip to Thailand is complete without a street food cooking class – the recipes are the ultimate gift to take home. In Phuket, try Pum, a restaurant and cookery school in Patong where you can learn 3-4 dishes for around 1,500 baht (less than £30). While in Bangkok, the Issaya Cooking Studio also comes highly recommended.

**EXCHANGE RATE** £500 = 25,350 Thai baht, up from 23,800 in April 2015

## Fact file

- \* Flight time: 12 hours to Bangkok, plus two to three hours to Phuket
- \* Time difference: + 7 hours
- \* Vaccinations: tetanus and hepatitis A are essential and check your boosters
- \* Currency: 51 Thai baht = £1
- \* A one-bed suite at the Oriental Residence Bangkok from 6,800 baht (approx £123); [oriental-residence.com](http://oriental-residence.com)
- \* A one-bed suite in the new Ocean Wing of the Amari Phuket from 6,100 baht (approx £110); [amari.com/phuket](http://amari.com/phuket)
- \* Prices based on two sharing, excl VAT and service charge. Subject to season and availability
- \* Thai Airways has daily flights from Heathrow to Bangkok on the Airbus A380 and on to Phuket, with return prices from £540; [thaiairways.co.uk](http://thaiairways.co.uk)



## 2 SOUTH AFRICA

This beautiful country continues to get cheaper and cheaper, and now even the price of a flight has dropped. The scenery is some of the most beautiful in the world, the wine exquisite and the food is superb. And, best of all, you'll be paying up to 30% less than you would have paid this time last year.

**GETTING THERE** Fly into Johannesburg and on to Kruger National Park for the safari of a lifetime, then take a train or fly down to Cape Town for the iconic Table Mountain and the wine regions. Virgin Holidays is offering 7 nights B&B incl flights for £876pp departing May 11; [virginholidays.co.uk](http://virginholidays.co.uk).

**EXCHANGE RATE** £500 = 11,679 South African Rand, up from 8,550 on January 2015.



## 3 BRAZIL

Compared to this time last year, Brits are now getting up to 43% more Brazilian real to the pound. It equates to around £100 extra when you change £500, which makes a big difference to your spending power. And if you can travel in September, once the Olympics are over, there are going to be some sensational deals and probably the finest weather of the year.

**GETTING THERE** Check skyscanner.net for flights only or for expert packages visit [kuoni.co.uk/brazil](http://kuoni.co.uk/brazil).

**EXCHANGE RATE** £500 = 2,896 Brazilian real, up from 1,825 in September 2014.



## 4 Norway

Thanks to a massive drop in oil prices, Norway suddenly – and surprisingly – finds itself right up there in the value-for-money stakes, so take advantage of it while you can. Long, long summer days mean that May, June and July are the perfect time to visit some of the most dramatic and breathtaking scenery in the world. If you love the big outdoors, this is the time and the place for you and your kids to take the holiday of a lifetime.

**GETTING THERE** Plan a trip with [visitnorway.com](http://visitnorway.com) and book flights with [norwegian.com/uk](http://norwegian.com/uk).

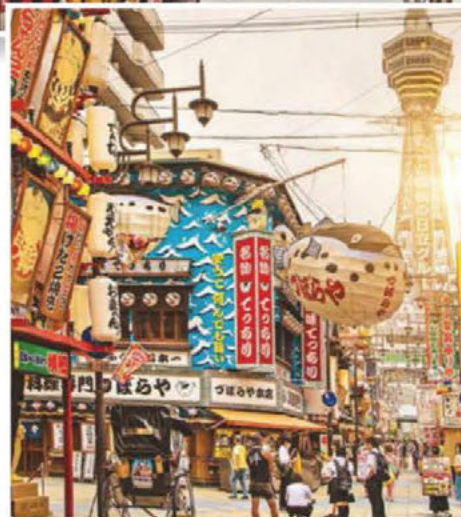
**EXCHANGE RATE** £500 = 6,181 Norwegian krone, up from 4,800 in May 2014.

## 5 CANADA

This vast country is now the second-most visited for Britons outside of the Eurozone. And with the pound at an eight-year high against the Canadian dollar, 2016 is a great time to choose to come here. From Niagara Falls to the Rockies to Vancouver Island all the way up to the Arctic Circle, a trip to Canada needs careful planning but, trust us, there is something for absolutely everyone.

**GETTING THERE** Trailfinders are the specialists to help you decide whether you want to go for city or rural, mountains or lakes, action or R&R. Contact them at [trailfinders.com/holidays/canada](http://trailfinders.com/holidays/canada).

**EXCHANGE RATE** £500 = 1,004 Canadian dollars, up from 880 in November 2014.



## 6 Japan

Usually at the top of the 'most expensive' list of places to visit, if you've a yen for Japan there's never been a better time than now. A weak currency and plummeting local prices means Tokyo will currently cost you around 50% less than 2013.

**GETTING THERE** For a flavour of this exotic country, the 9-night Discover Japan with Voyages Jules Verne takes in Hiroshima, Osaka, Miyajima Island, the old capital Kyoto and Tokyo, plus travel by Bullet Train. Prices from £2,495pp includes flights, transfers and 8 nights' in 3-star hotels, breakfast, lunch and dinner. More details from [vjv.com](http://vjv.com).

**EXCHANGE RATE** £500 = 86,127 Japanese yen, up from 84,387 in March 2014.



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- \* **10 to 12 April**
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- \* **EXTRA NIGHTS AVAILABLE**

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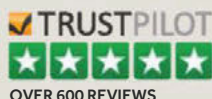
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# This Months Essentials

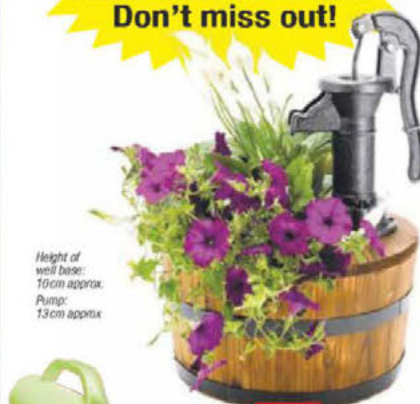
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3952-43	Double flowered freesias (pack of 50 mixed bulbs)	<del>£9.95</del> £7.95		
3952-27	Compost Shovel <small>**only available with bulb order</small>	£2.99		
<b>Wooden Waterwell + 70 Summer Bulbs</b>				<b>1 FREE</b>
Please add Post & Packaging				£5.29
<b>TOTAL</b>				

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**HJ**



# APRIL horoscopes

Essentials' astrologer Marion Williamson reveals all...



*'You'll find the courage to take action'*

## ARIES

21 MARCH - 19 APRIL

Your sparkling year begins in April with Venus, the planet of love and harmony, sprinkling romantic fairy dust in your star sign. If you're happy in your relationship, you'll go from strength to strength – some may even decide to get married. But if the people closest to you are not fulfilling your emotional needs you'll find the courage to talk about it or take action. Late summer brings an opportunity to move in new circles perhaps through a new job or a hobby. Your money situation improves in the next 12 months, too, but keep an eye on the credit – feeling flush could make you overgenerous!

**DO** make new friends  
**DON'T** take life too seriously



## Taurus

20 APRIL - 20 MAY

A bit of flirting could land you in hot water – get the full story before losing yourself in dreams of domestic bliss. There's a lot of jiggery-pokery going on in April!

**DO** a little digging  
**DON'T** wear your lucky bra just yet



## Gemini

21 MAY - 20 JUNE

Take any opportunity to get to know a fun new group. People you meet in April will become wonderful friends, especially if you share a common interest.

**DO** get out and mingle  
**DON'T** forget you're talented



## Cancer

21 JUNE - 22 JULY

You need to take a cold, brave look at your money situation. Once you've tidied things up and reined yourself back in, cash will find its way to you more easily.

**DO** iron your sensible trousers  
**DON'T** mistake shopping for therapy



## Leo

23 JULY - 22 AUGUST

Pleasing everyone is impossible – but annoying them will be a piece of cake! Although in a couple of weeks nobody will remember what it was all about anyway.

**DO** remove yourself from idiots  
**DON'T** resort to meaningless flattery



## Virgo

23 AUGUST - 22 SEPTEMBER

Worrying or getting excited about stuff that hasn't yet happened could have you frazzled. But remember, nothing is ever as bad, or as good, as you think it will be.

**DO** focus on today  
**DON'T** neglect friends and plants



## Libra

23 SEPTEMBER - 22 OCTOBER

This month you will have a complicated web to untangle and it won't happen overnight. But in a couple of weeks you'll see why you made the right choice.

**DO** give things time  
**DON'T** overdose on cherry vodka lip balm



## Scorpio

23 OCTOBER - 21 NOVEMBER

Someone close to you will try your patience in April. They might mean well, but their delivery is off – and you are completely justified in your annoyance.

**DO** get yourself along to a salsa class  
**DON'T** be passive



## Sagittarius

22 NOVEMBER - 21 DECEMBER

You're rushing so fast you've forgotten what you wanted to achieve. Calm down, smell the flowers and try to enjoy all the in-between bits that make up your actual life.

**DO** dress to kill  
**DON'T** finish the 14-day diet in three hours



## Capricorn

22 DECEMBER - 19 JANUARY

You've got a clear idea of what you want, but you might rethink whether the path you're on is as good for you as you thought. But as a wise woman once said, 'Sod it!'

**DO** have a dry shampoo day  
**DON'T** be scared to change your mind



## Aquarius

20 JANUARY - 18 FEBRUARY

Because you have important things to focus on, you might not have the energy to be nice to people you don't like. In the long term this will be something of a relief.

**DO** prioritise your affections  
**DON'T** drink prosecco in a pint glass



## Pisces

19 FEBRUARY - 20 MARCH

You're usually the angel, the one who takes a back seat so others can move ahead. But in April you'll realise that your agenda is actually just as important.

**DO** surprise people  
**DON'T** dwell on the past



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# LISA'S LAST WORD...

TV cook Lisa Faulkner tells us what she's loving... and loathing this month

**S**pring is my favourite time of year and I always look forward to March as it means I get to have my Billie at home with me for the Easter holidays.

My sister Victoria and I loved Easter when we were growing up. We would have an egg hunt in our garden, and it was so exciting to find all the shiny little treats among the grass and in the branches of the trees. Nowadays, we get our own kids together and do an egg hunt with them. I still have half the chocolate left from last year's fun and games as I always put it in the cupboard for later and Billie forgets all about it!

It's a really exciting time for me at the moment as I'm in the middle of writing my fourth



## What I'm cooking...

The smell you get when cooking a lamb dinner – wow! It always takes me back to the leg of lamb and crispy roast potatoes my nanna used to make the whole family.

Find Lisa's recipe for the perfect roast lamb at [goodtoknow.co.uk/lisafaulkner](http://goodtoknow.co.uk/lisafaulkner)

book. I'm having such a lot of fun creating recipes and, of course, Billie has been implemental once again in the kitchen helping me with my creations.

Even though it's busy in my world, it's good to take time out and look after yourself. This

month, my sister and I will be whisking ourselves off to Champneys for a spa retreat, just the two of us. We might both be mummies now, but it's so fun to just be sisters again for a little while. Champneys is one of the most fantastic places – you can relax, enjoy the spa facilities, eat delicious things from the super-healthy menu (with a glass of red wine or two), then leave feeling totally refreshed. And this is just how I like to feel coming into April... refreshed and rejuvenated.

*Lisa*

## Enough already!

This month I am choosing to remain positive. Winter is finally peeling away and we have cracks of sunlight, bringing with it hope of a warm summer. I've really amped up the yoga recently, so my mind is very calm and I don't loathe anything, but check in next month as I might have a new gripe!



## My Instagram moment

The love between a mother and daughter is special and we should celebrate that bond and cherish every moment. Happy Mother's Day to all mummies out there including my mummy. Follow Lisa on Instagram at @lisafaulknercooks

## MY MUST-HAVES

\* **Crystal pendant light by Lee Broom, £199**

I've been lusting after this light for years and I just had to treat myself!

\* **Kiehl's Powerful-Strength Line-Reducing Concentrate, £49** As you get older you have to look after your skin, so my tip for this year: less make-up, more skincare!

\* **Cire Trudon Proletaire scented candle, £62** Its fragrance makes me feel all warm and cosy.





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